A DOSE DO DIA
(A DOZEN A DAY)

Exercícios Técnicos
PARA PIANO
a serem executados
todos os dias
ANTES da aula

por
Edna-Mae Burnam
Tradução de Bruno Quaino

LIVRO PREPARATÓRIO

BRUNO QUAINO
EDITORES

Muitas pessoas fazem exercícios todas as manhãs antes de sair para o serviço.

Da mesma forma, devemos exercitar nossos dedos todos os dias antes de iniciar a aula de piano.

O objetivo deste livro é auxiliar o desenvolvimento de mãos fortes e dedos flexíveis.

Não queira tentar aprender os primeiros doze exercícios de uma vez; estude apenas dois ou três exercícios e pratique-os todos os dias antes de começar a sua aula de piano. Quando esses movimentos estiverem bem dominados, passe para o próximo e assim por diante, até conseguir fazer os doze exercícios com perfeição.

Quando a primeira dúzia, ou o Grupo I, estiver assimilado e sendo praticado com perfeição, o Grupo II poderá ser iniciado, seguindo a mesma conduta.

Quando o método inteiro estiver concluído, quaisquer dos Grupos poderão ser transpostos para outras tonalidades. Aliás este é um procedimento que aconselhamos.

Edna-Mae Burnam (☆1907✝2007)
(Tradução de Bruno Quaino)

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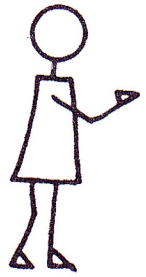
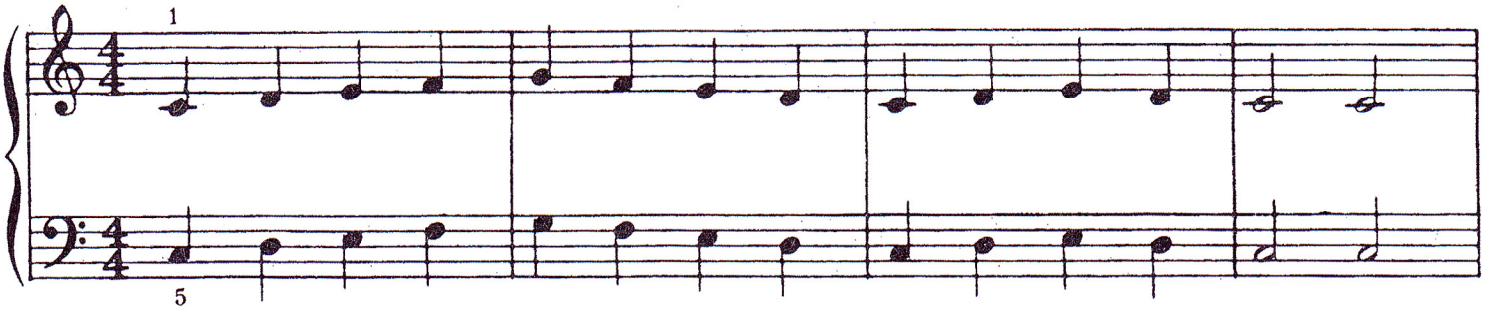
6. Pulando Morro Acima
7. Jogando Box
8. Rodando Pião
9. Rolando o Aro
10. Abrindo os Braços,
    Mas na Ponta dos Pés
11. Upa, Upa, Cavalinho!
12. Agora Estou Pronto pra Tocar
    Vamos a Aula Começar

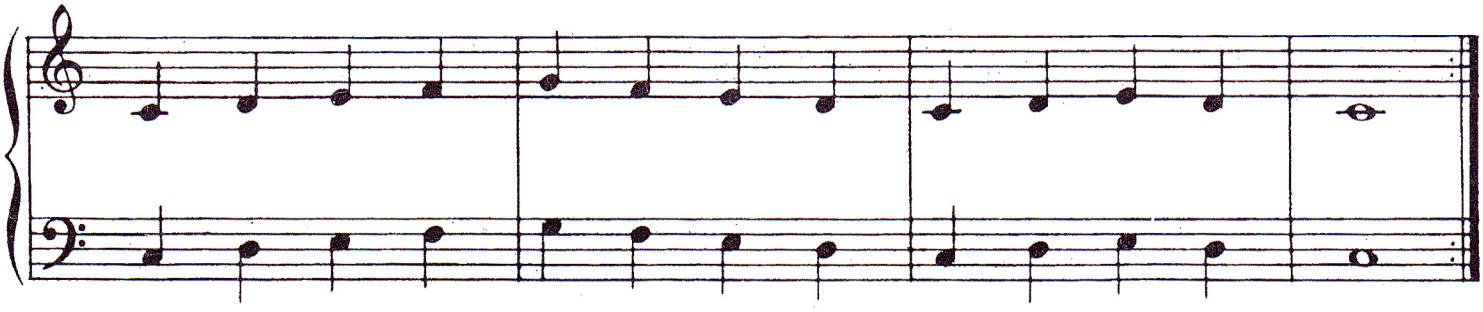
Grupo I

1. Andando

(Walking)

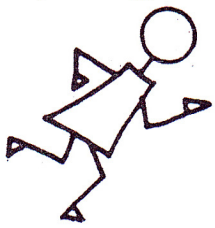


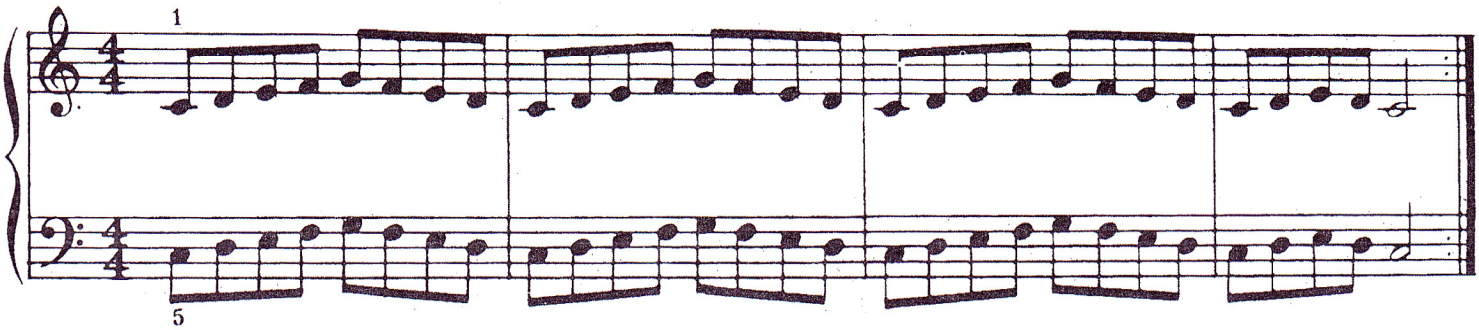




2. Correndo

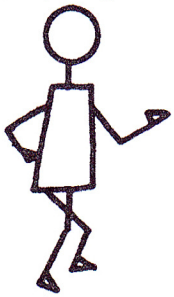
(Running)

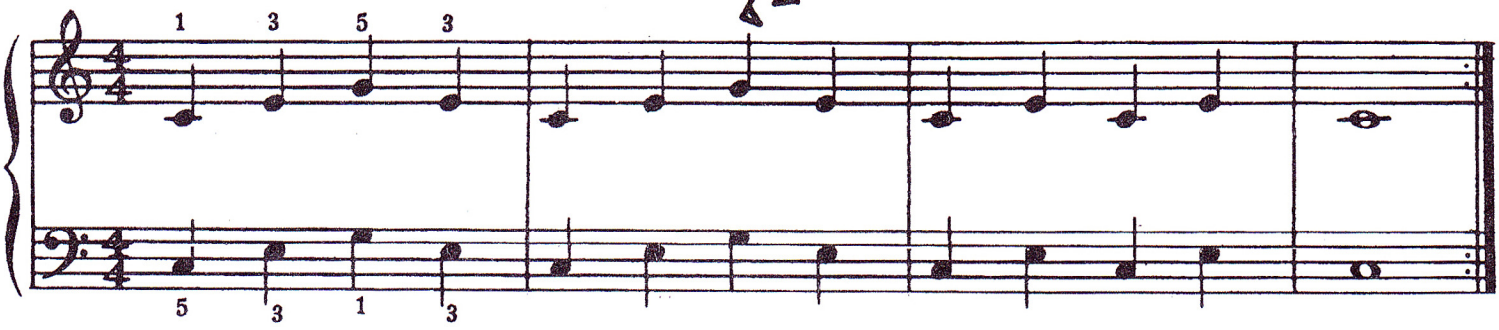




3. Saltitando

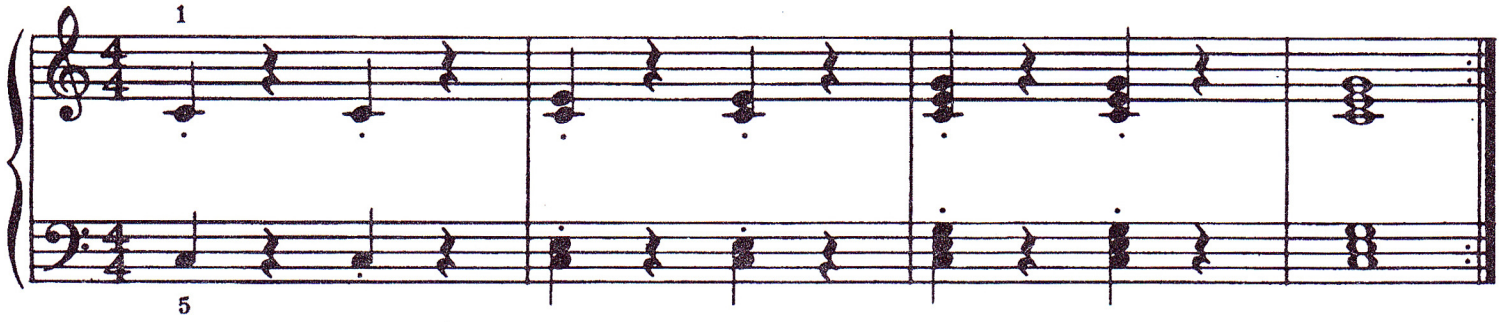
(Skipping)





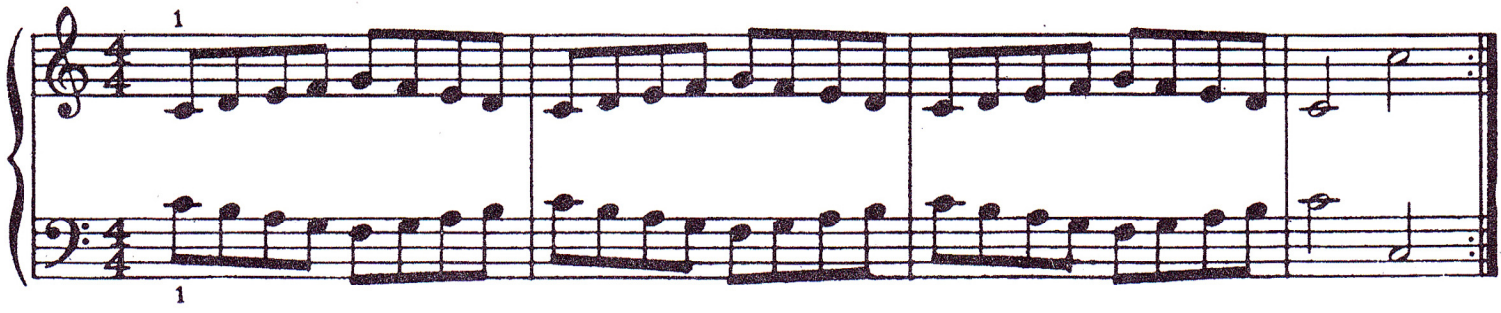
4. Pulando

(Jumping)



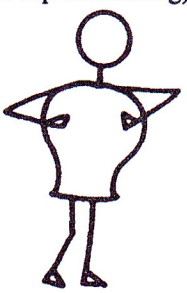
5. Spaccato

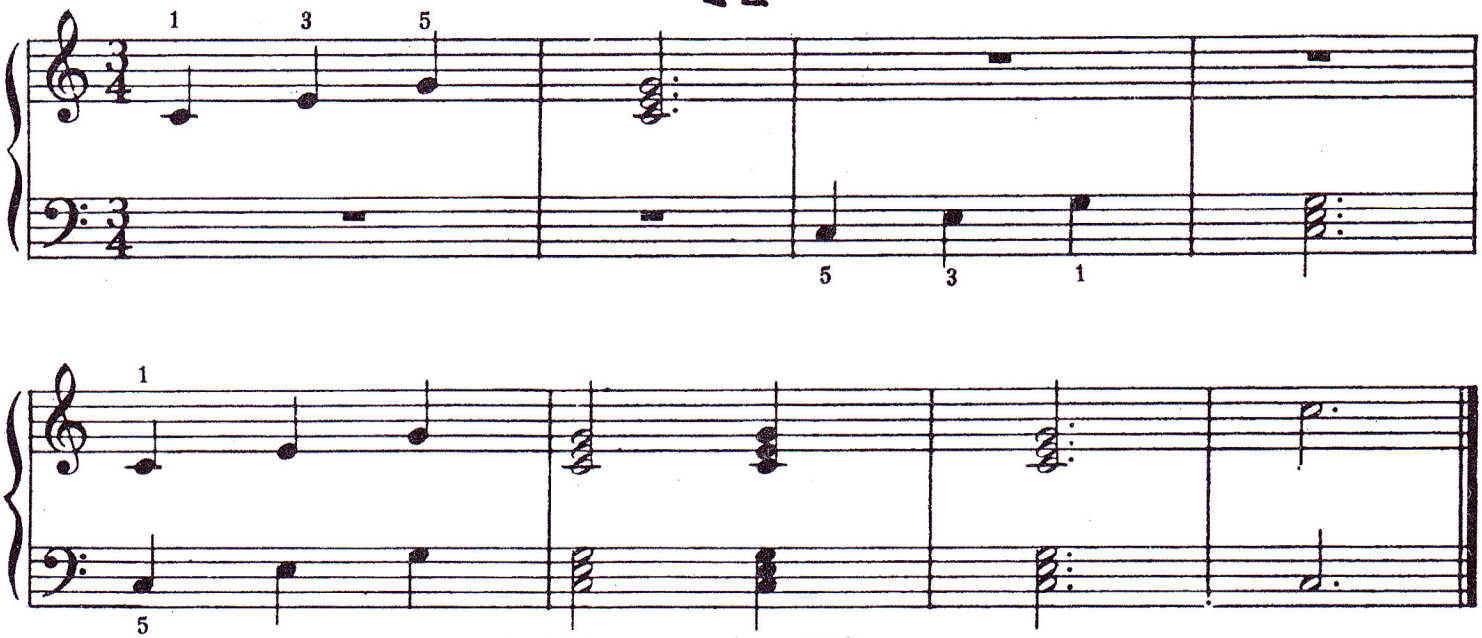
(The Splits) (Le Grand Écart)



6. Respirando Fundo

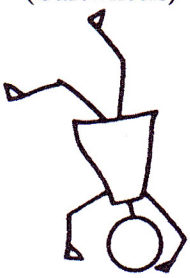
(Deep Breathing)

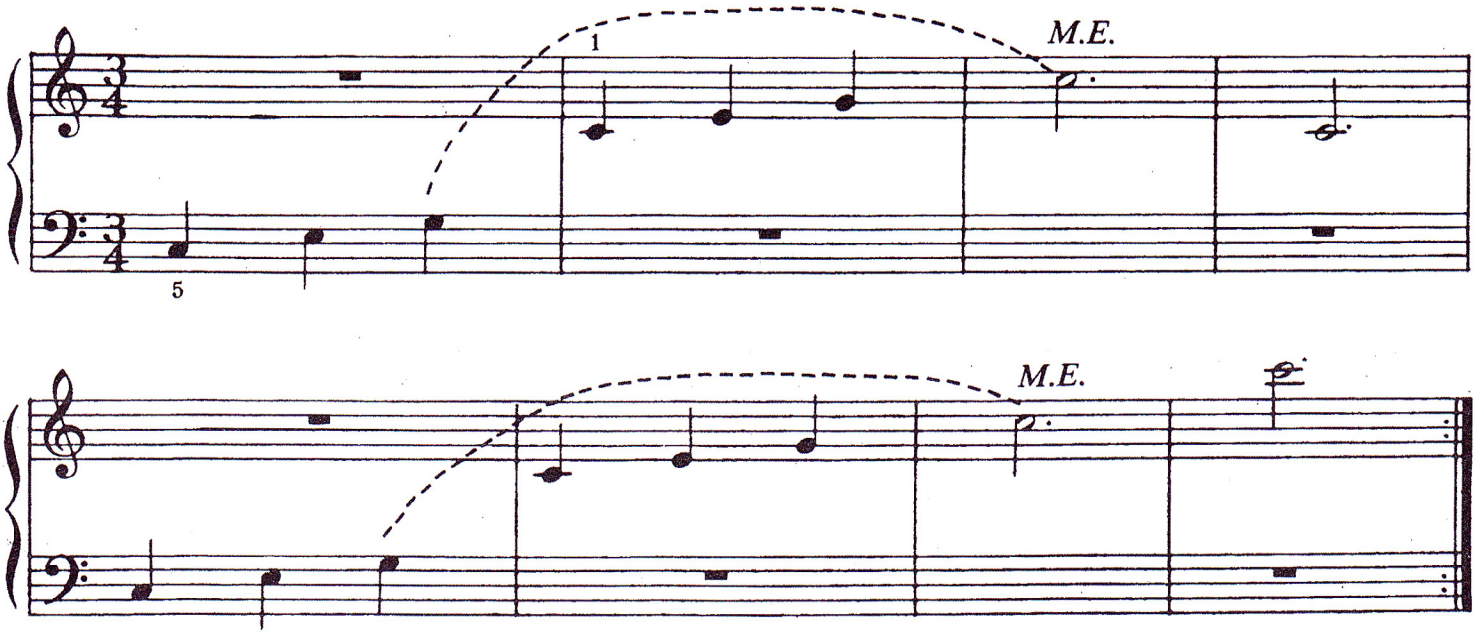




7. Fazendo Piruetas

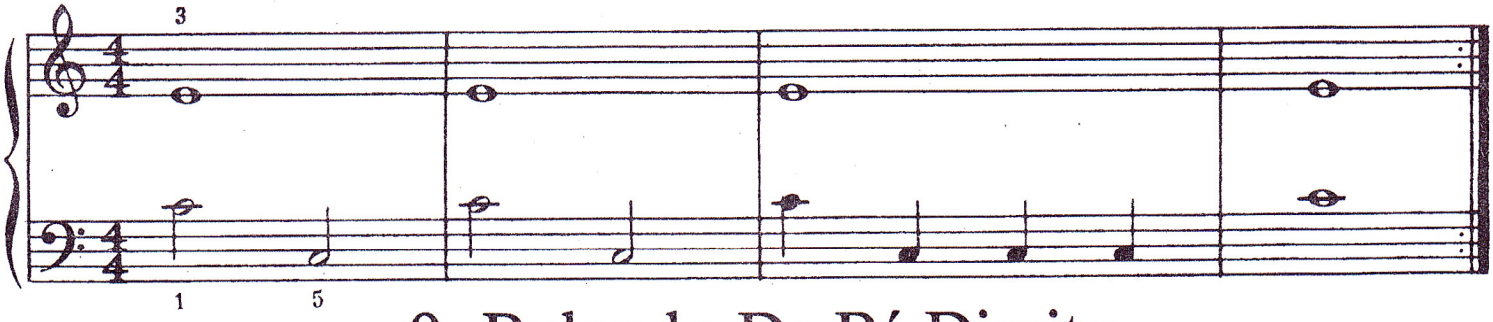
(Cartwheels)





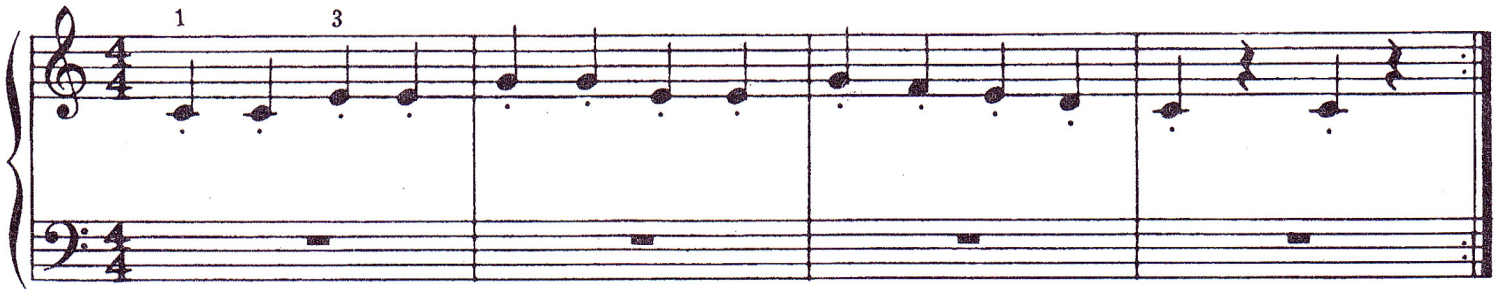
8. Flexionando Os Joelhos

(Deep Knee Bend)



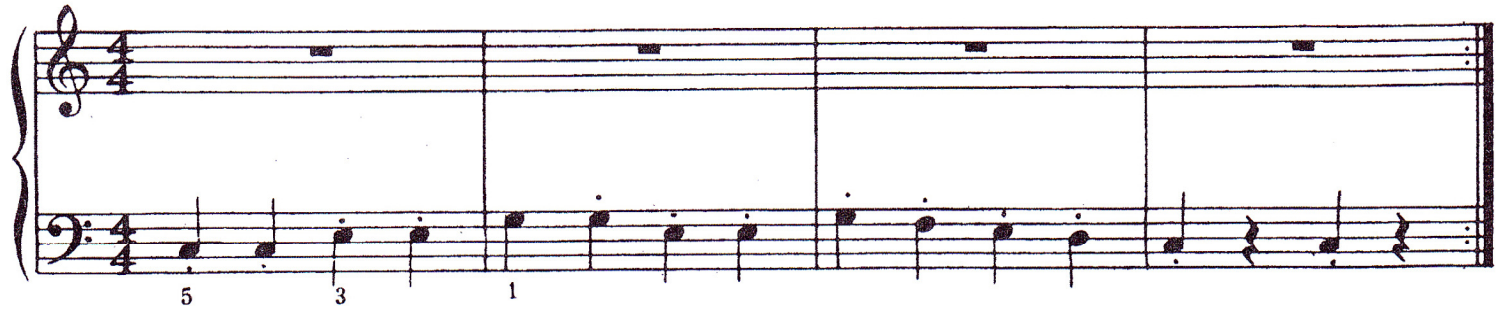
9. Pulando De Pé Direito

(Hopping On Right Foot)



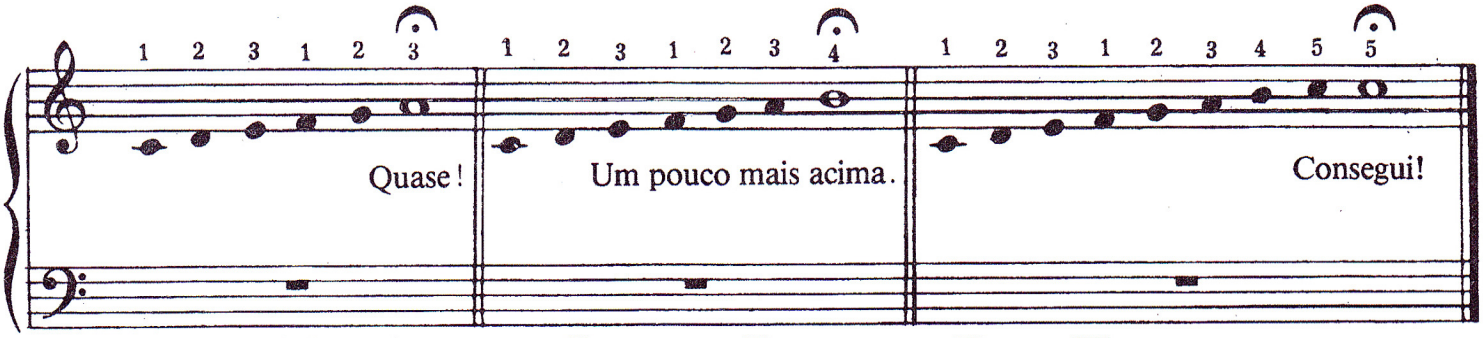
10. Pulando De Pé Esquerdo

(Hopping On Left Foot)



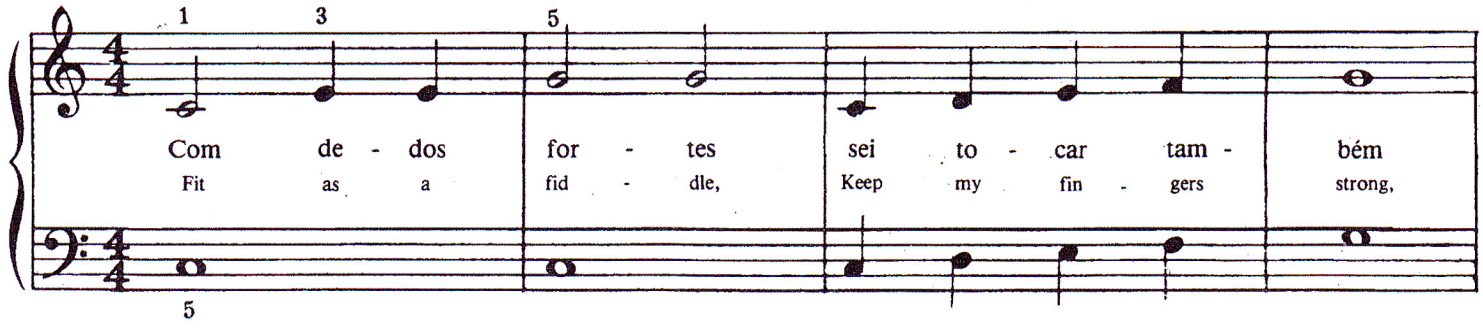
11. Plantando Bananeira

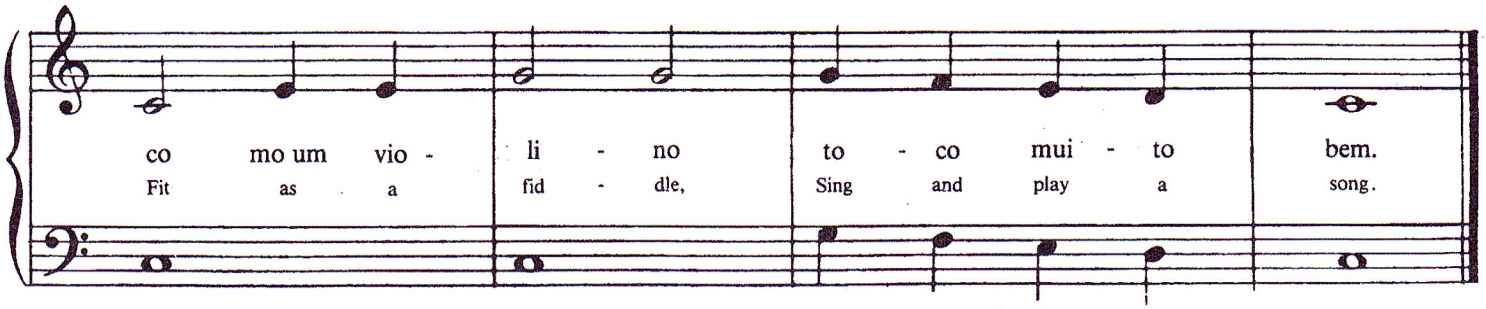
(Standing On Head)



12. Agora Estou Pronto Pra Tocar
Vamos A Aula Começar

(Fit As A Fiddle And Ready To Go)

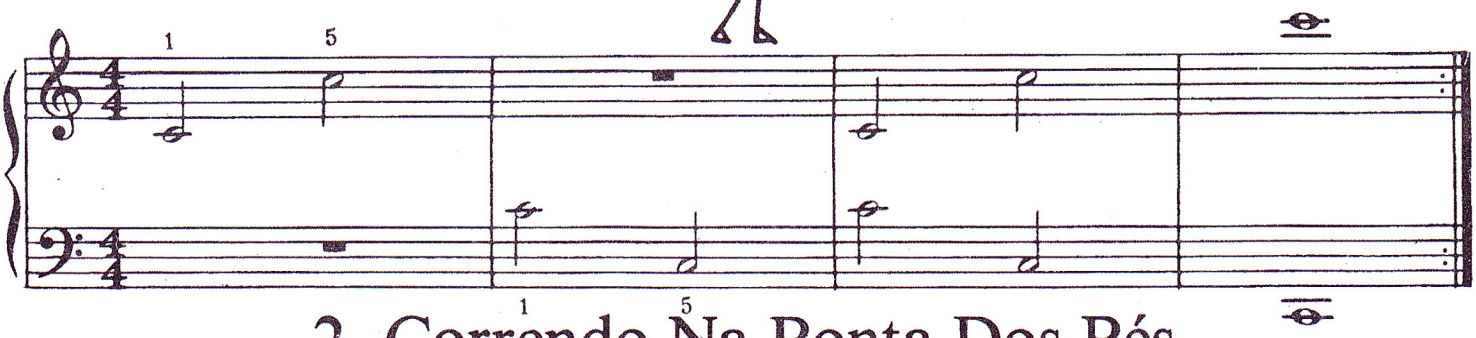




Grupo II

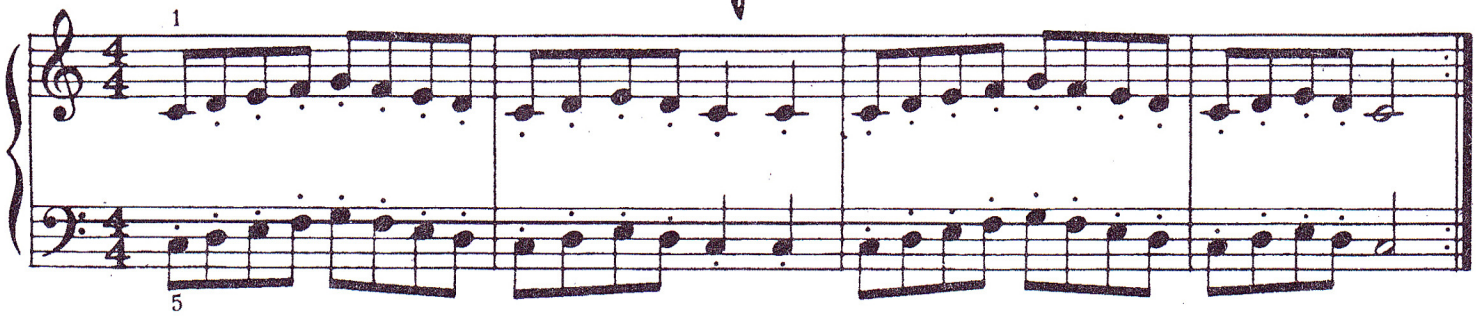
1. Espreguiçando

(Stretching)



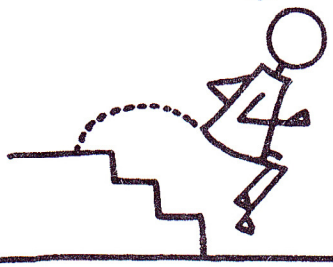
2. Correndo Na Ponta Dos Pés

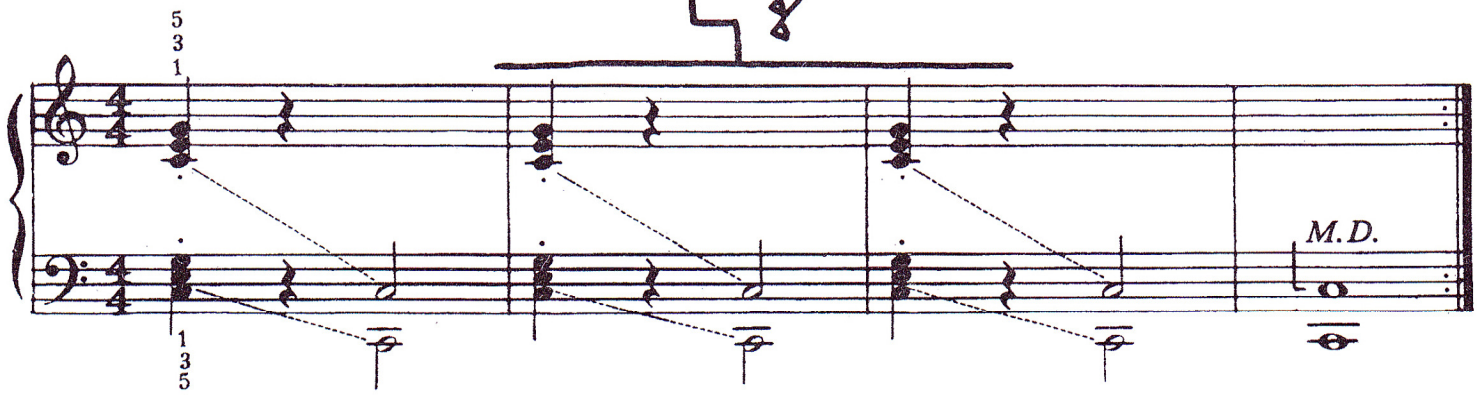
(Tiptoe Running)



3. Pulando Dos Degraus Da Sacada

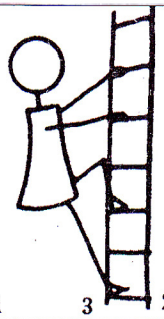
(Jumping Off The Front Porch Steps)

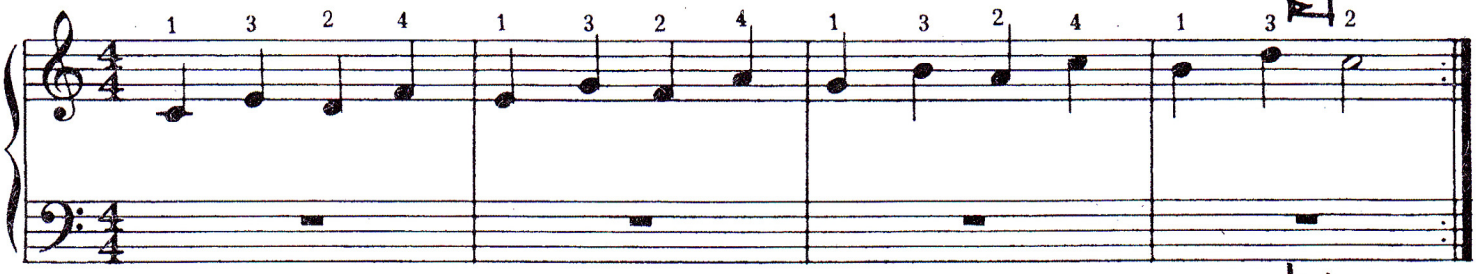




4. Subindo Na Escada

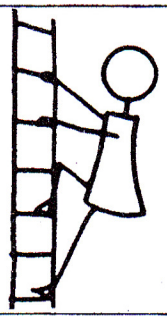
(Climbing Up A Ladder)

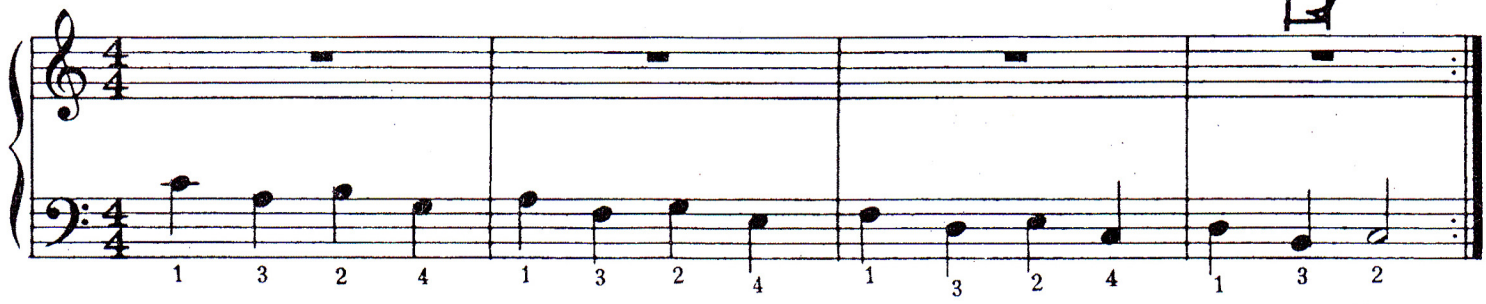




5. Descendo Da Escada

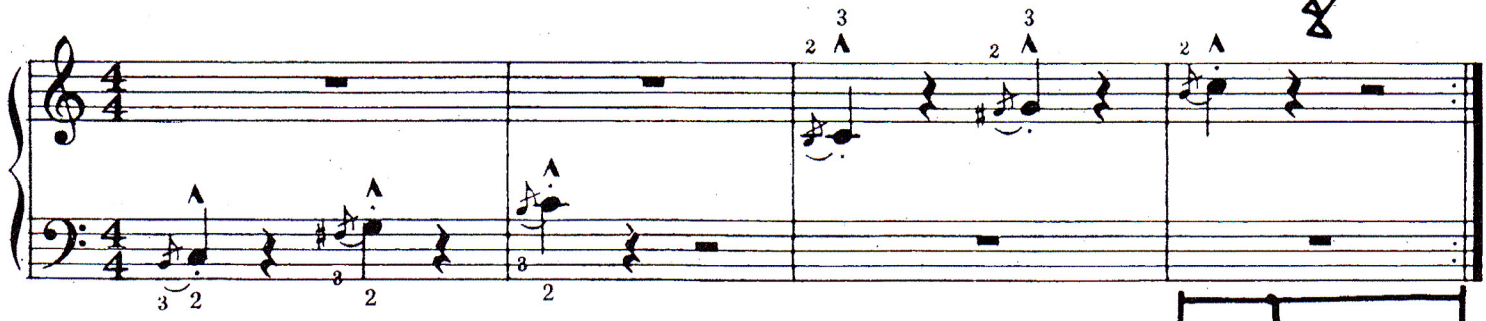
(Going Down A Ladder)





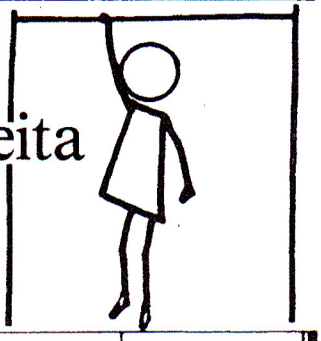
6. Dando Pulos De Sapo

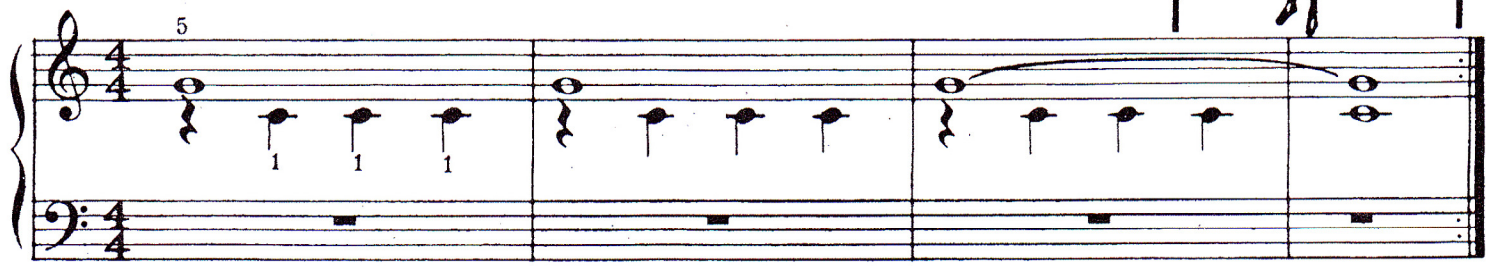
(Jumping Like A Frog)



7. Suspenso Na Barra Fixa Pela Mão Direita

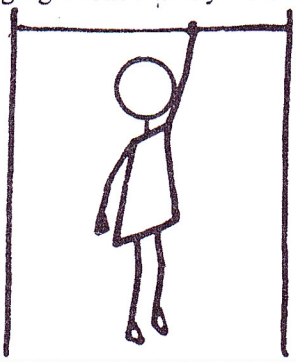
(Hanging From Bar By Right Hand)

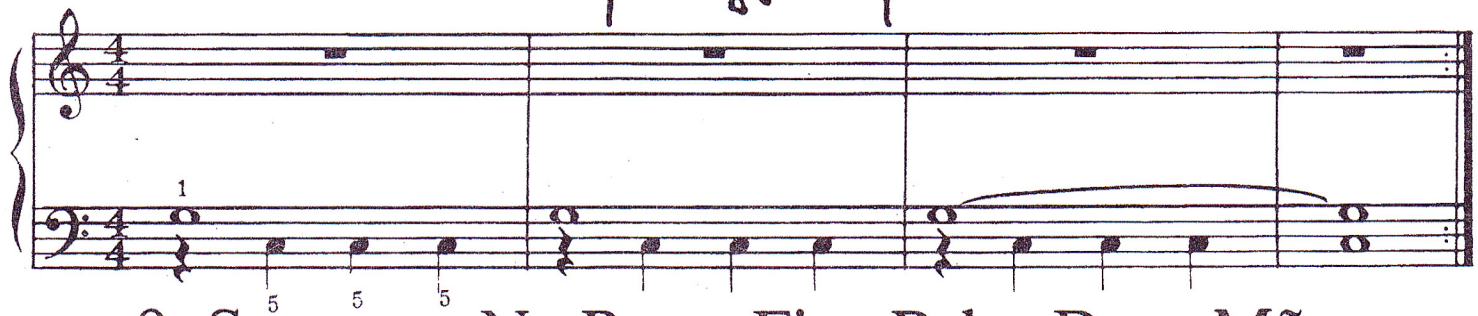




8. Suspenso Na Barra Fixa Pela Mão Esquerda

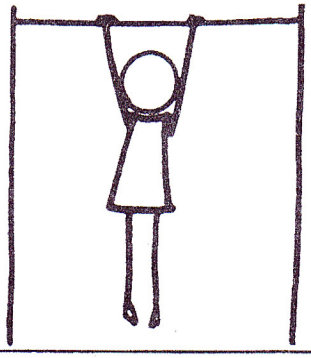
(Hanging From Bar By Left Hand)

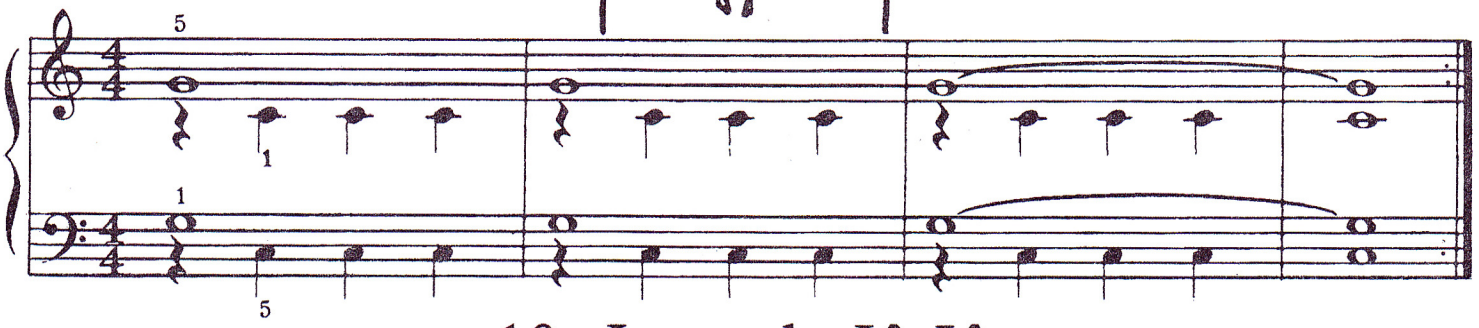




9. Suspenso Na Barra Fixa Pelas Duas Mãos

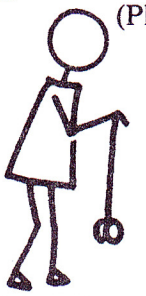
(Hanging From Bar With Both Hands)

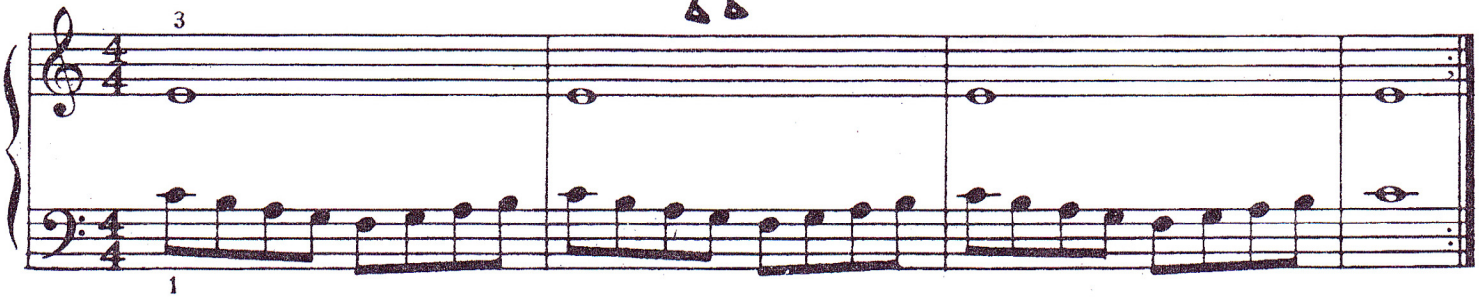




10. Jogando Iô-Iô

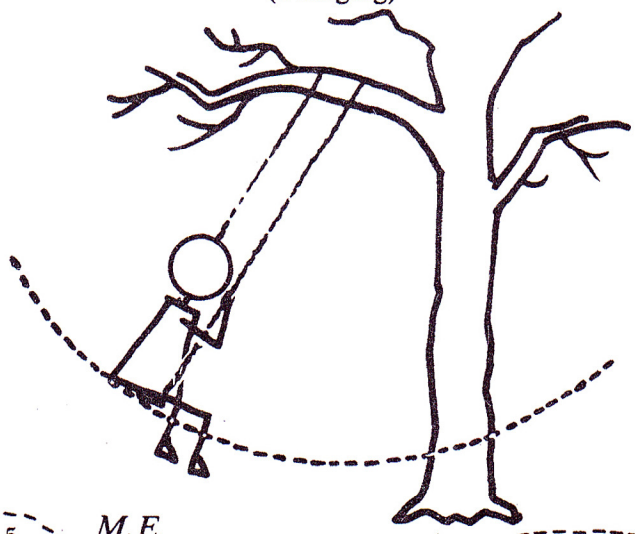
(Playing With A Yo-Yo)

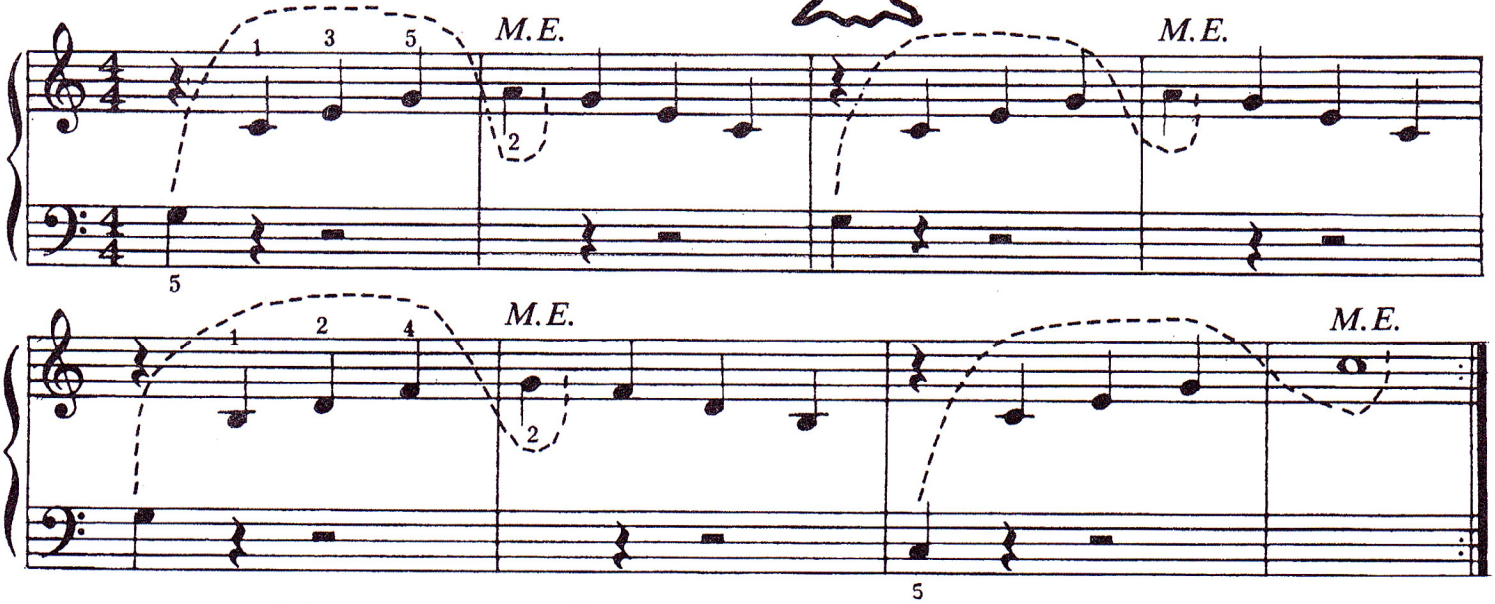




11. No Balanço

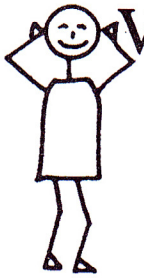
(Swinging)

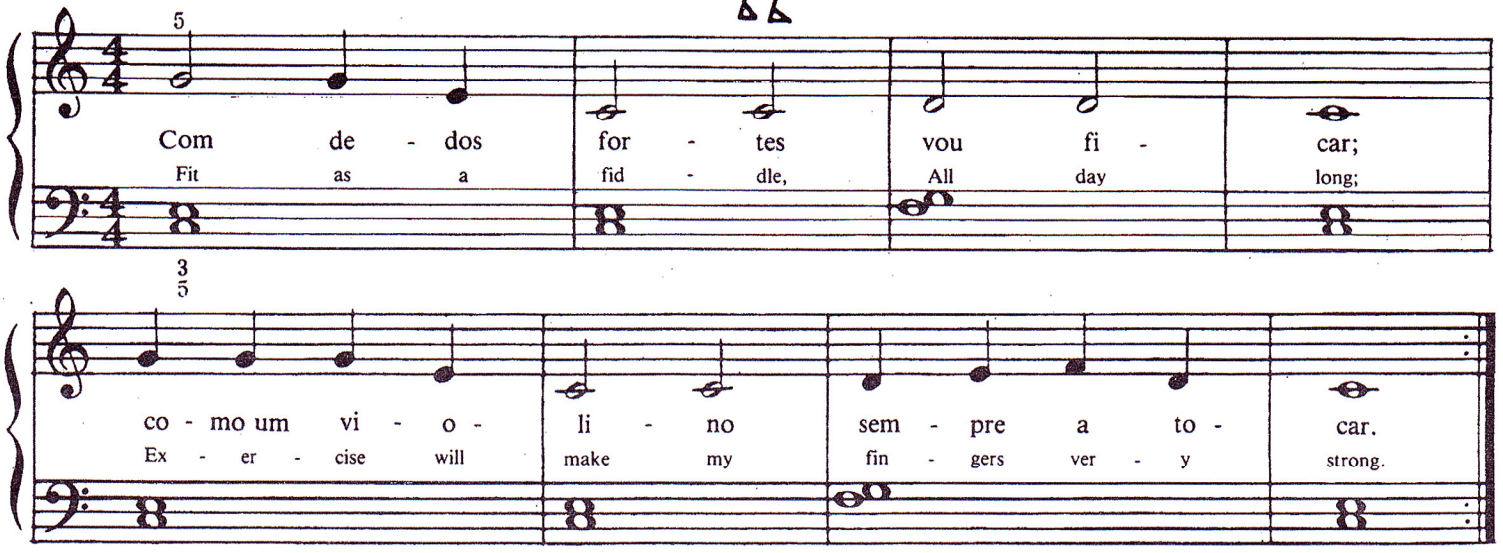




12. Agora Estou Pronto Pra Tocar
Vamos A Aula Começar

(Fit As A Fiddle And Ready To Go)

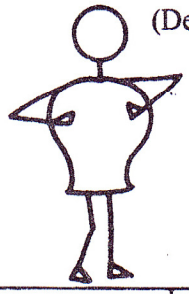




Grupo III

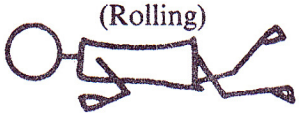
1. Respirando Fundo

(Deep Breathing)



2. Rolando No Chão

(Rolling)

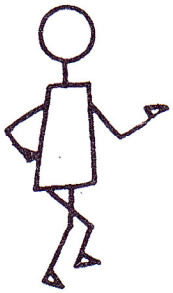


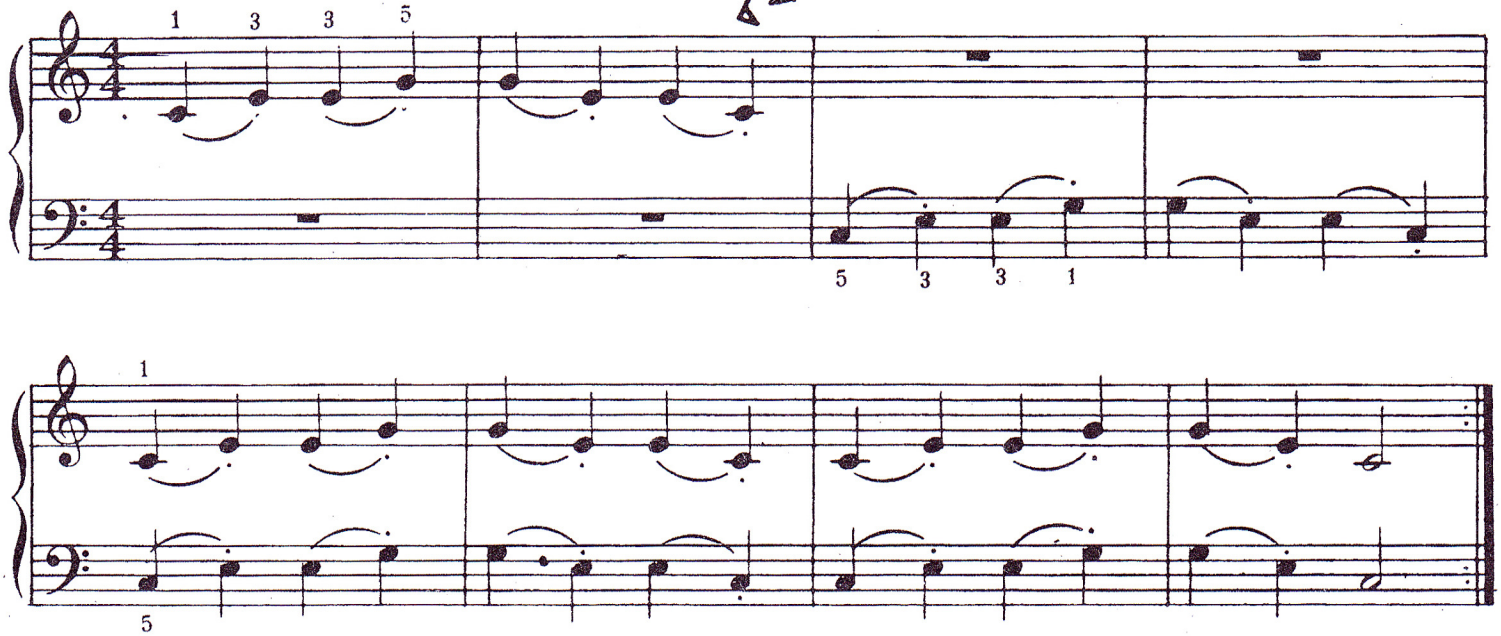
3. Fazendo Piruetas

(Cartwheels)

4. Saltitando

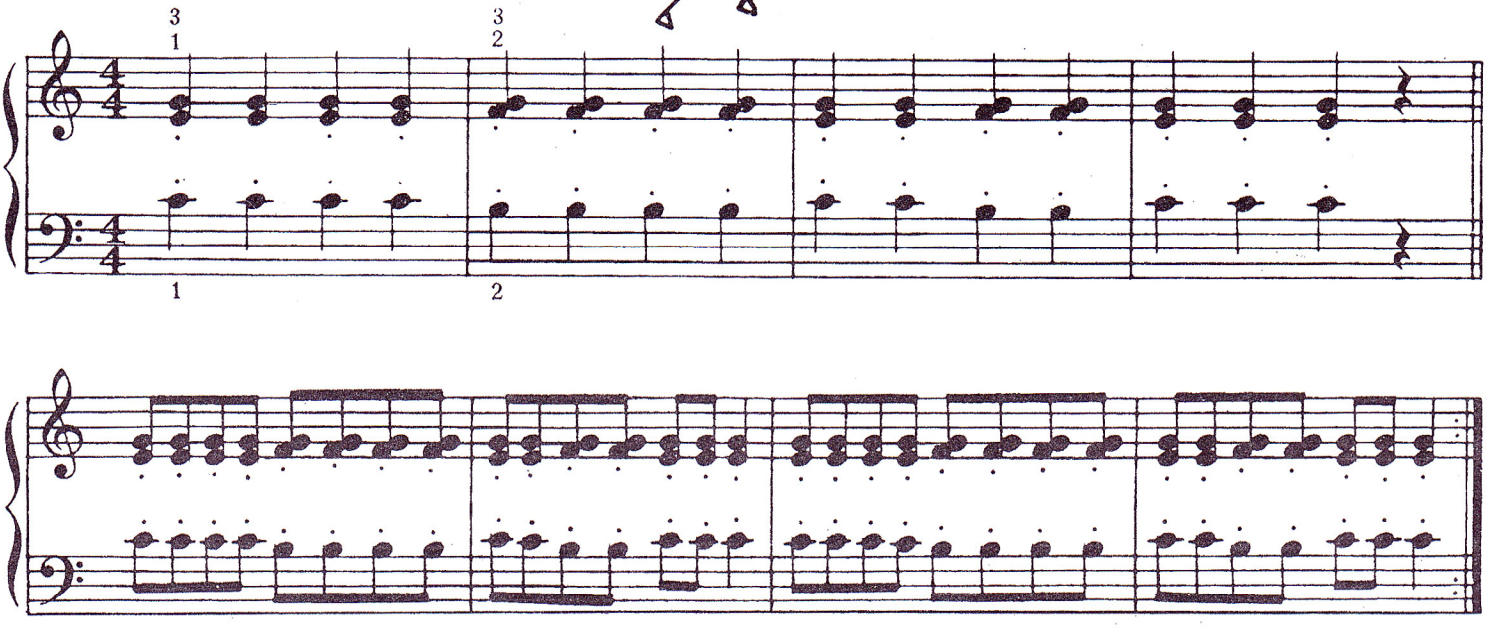
(Skipping)





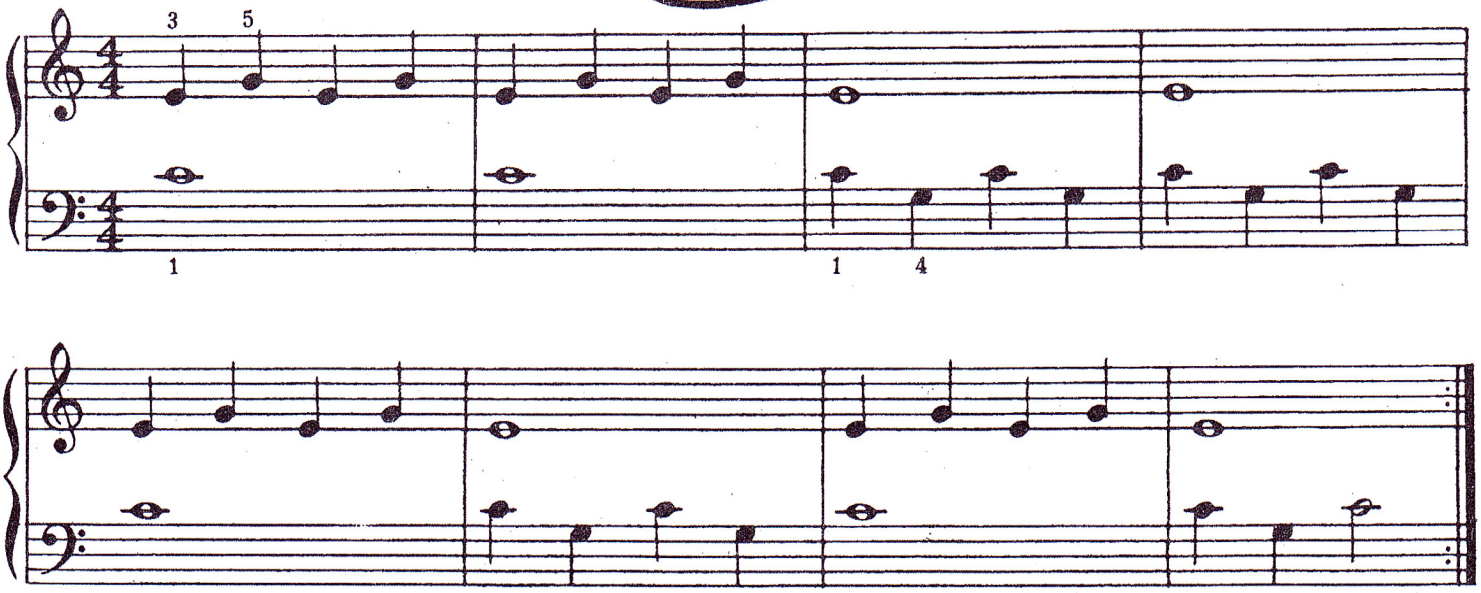
5. Pulando Corda (Lento E Acelerado)

(Jumping Rope — Slow, And "Red Pepper" —)



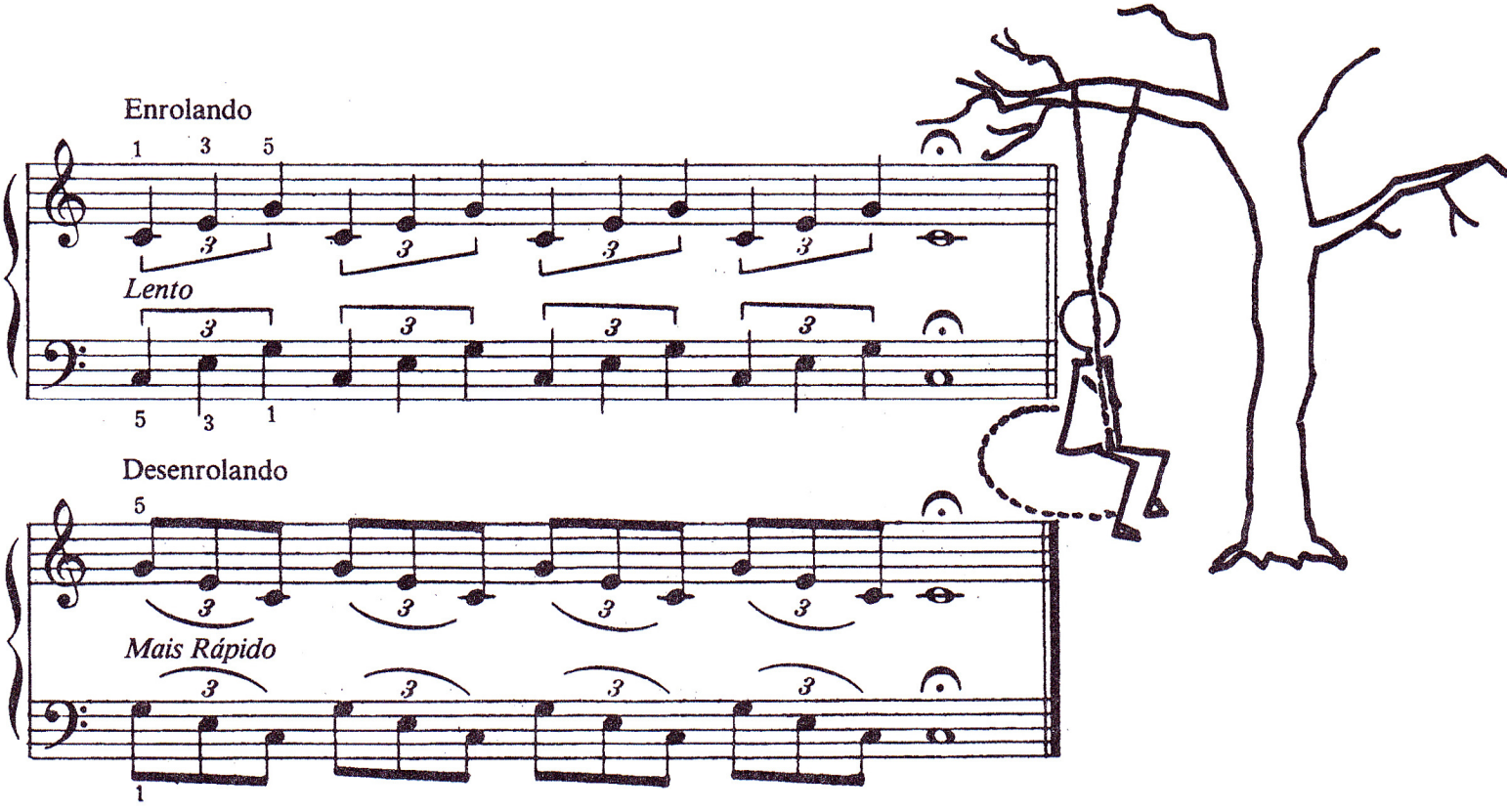
6. Na Cadeira De Balanço

(Rocking)



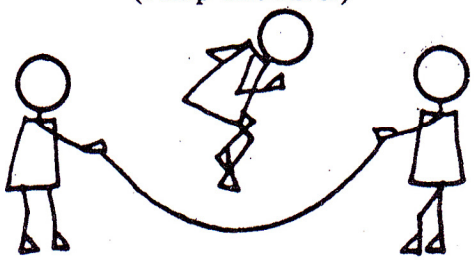
7. No Enrola E Desenrola Do Balanço

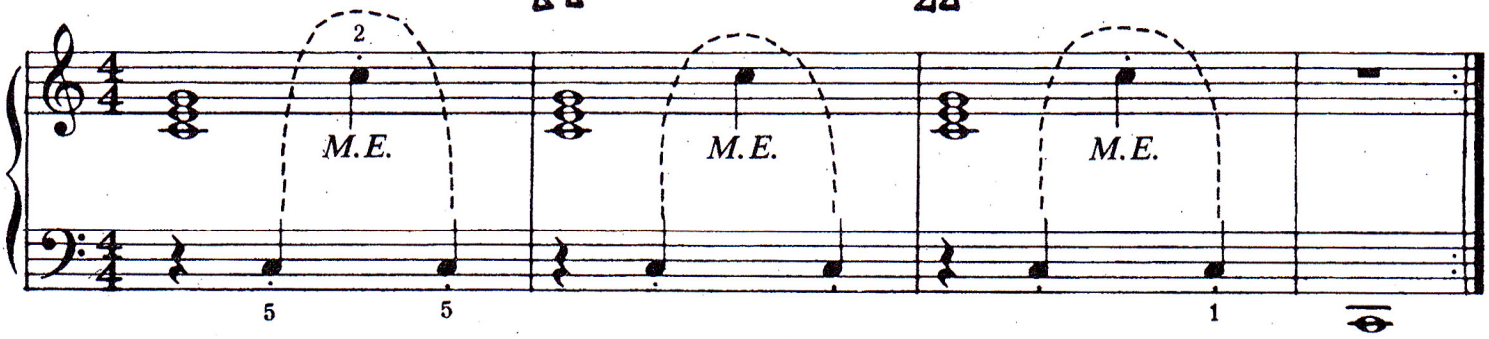
(Round And Round In A Swing)



8. Batendo Corda

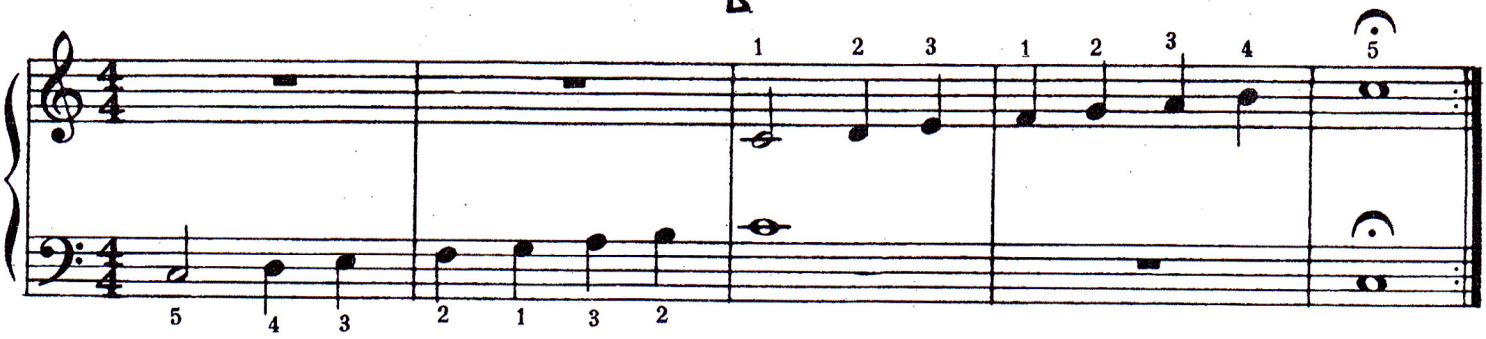
(Jump The River)





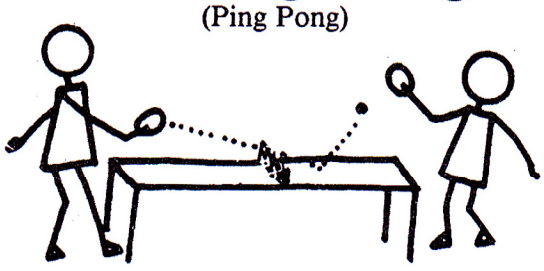
9. Escalando

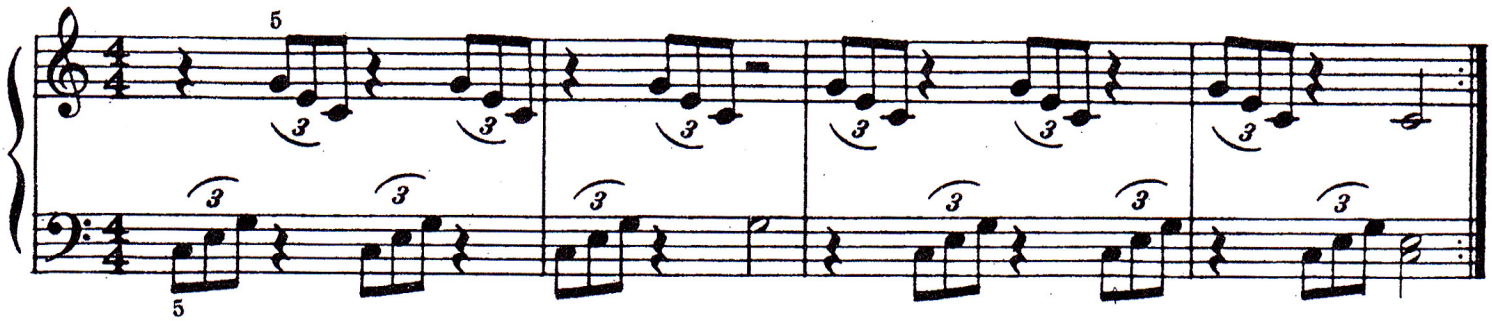
(Climbing)



10. Ping Pong

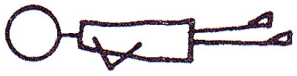
(Ping Pong)

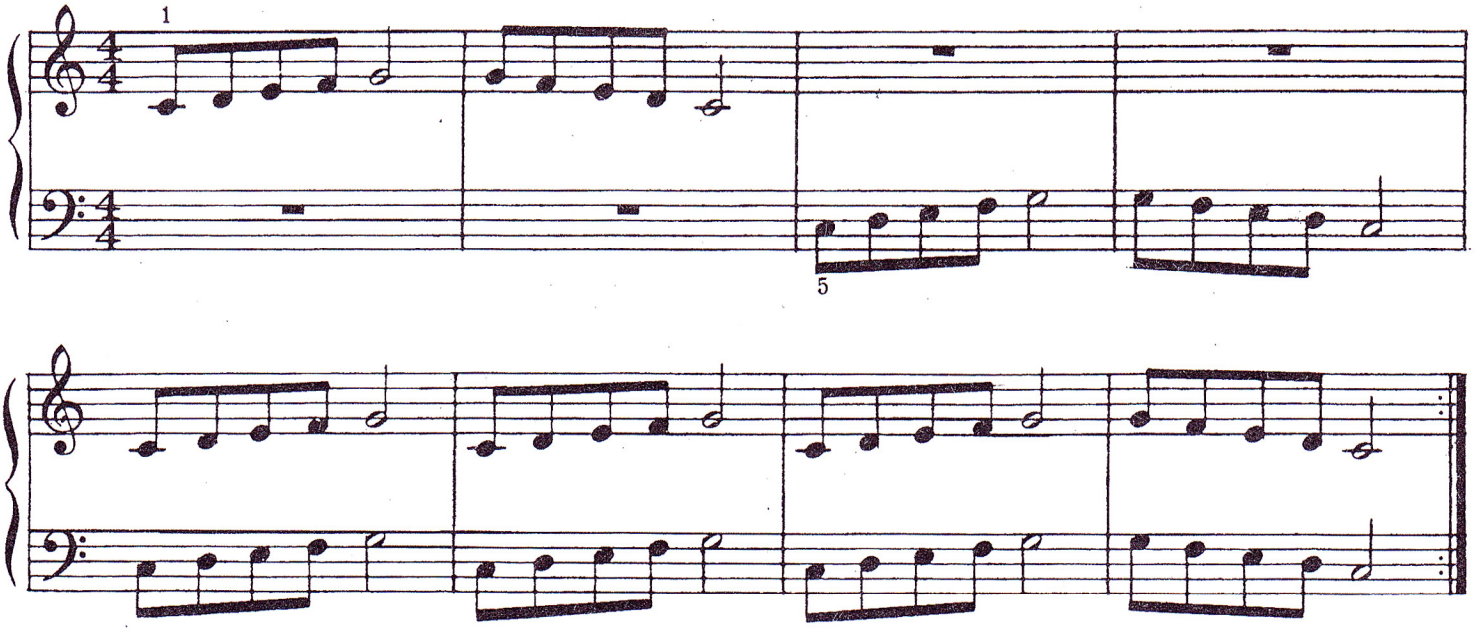




11. Exercícios De Abdominal

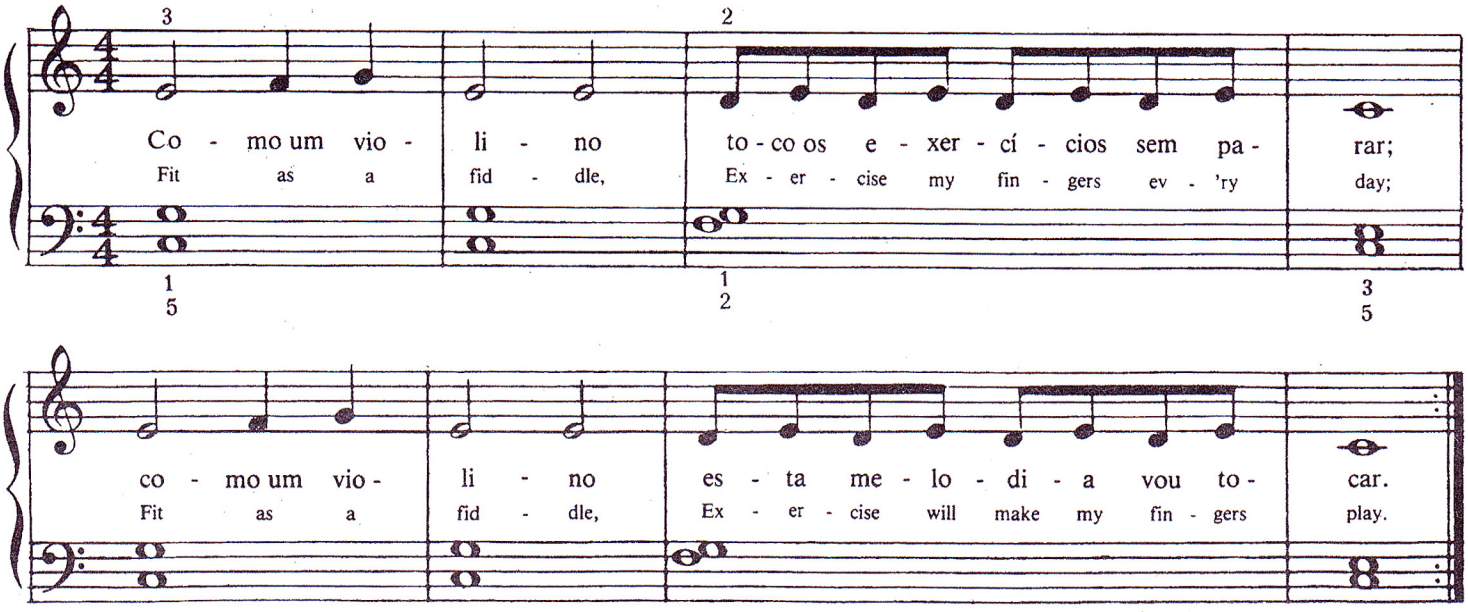
(Sitting Up And Lying Down)





12. Agora Estou Pronto Pra Tocar
Vamos A Aula Começar

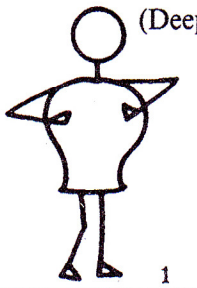
(Fit As A Fiddle And Ready To Go)

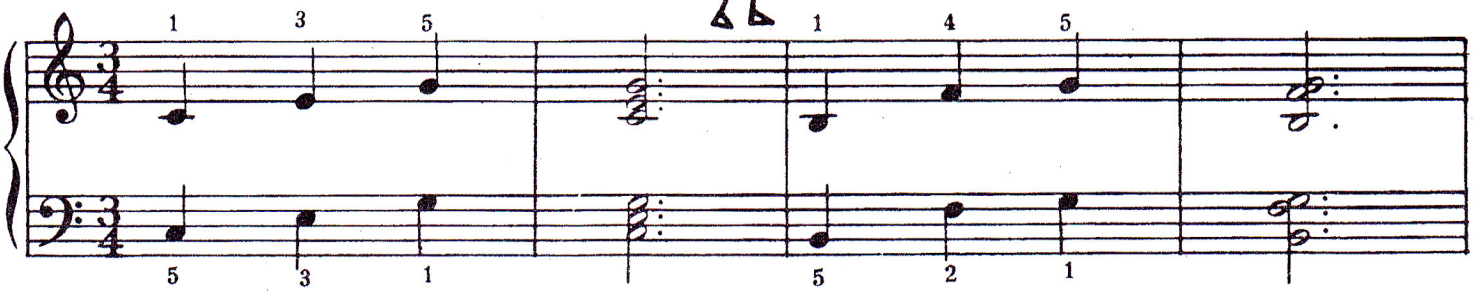


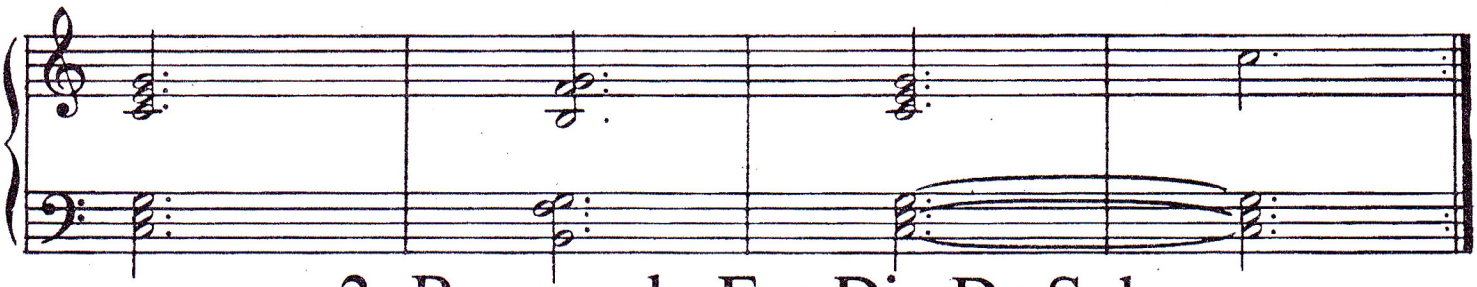
Grupo IV

1. Respirando Fundo

(Deep Breathing)

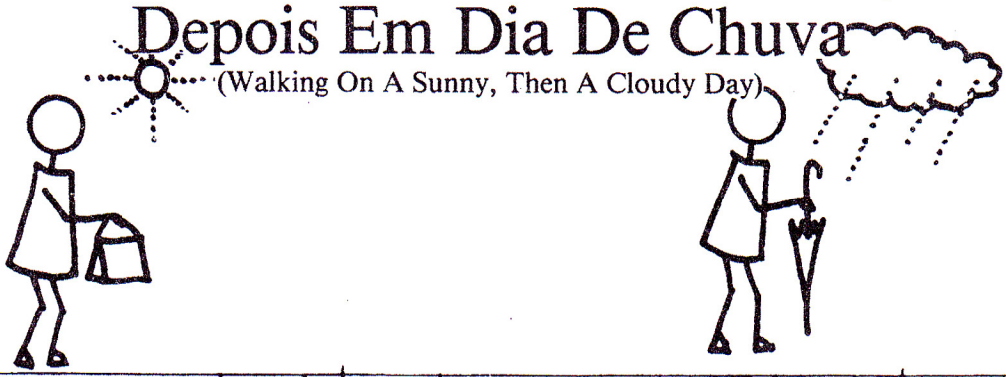


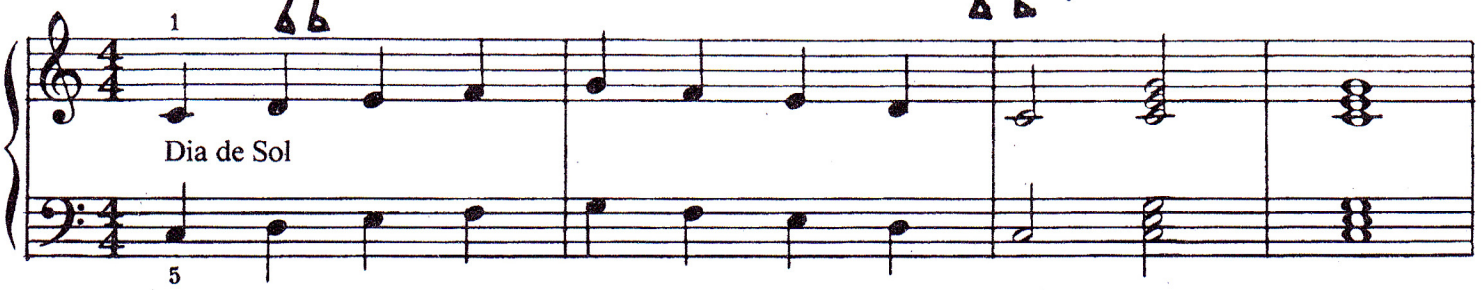


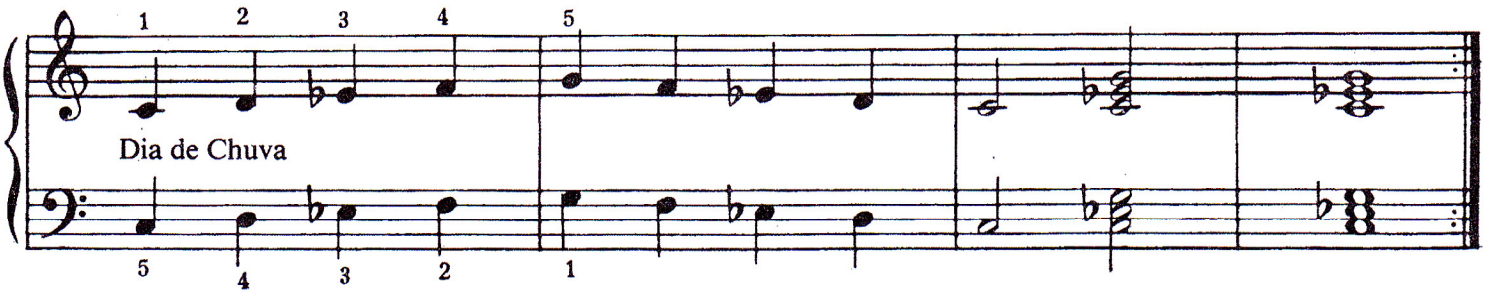


2. Passeando Em Dia De Sol, Depois Em Dia De Chuva

(Walking On A Sunny, Then A Cloudy Day)

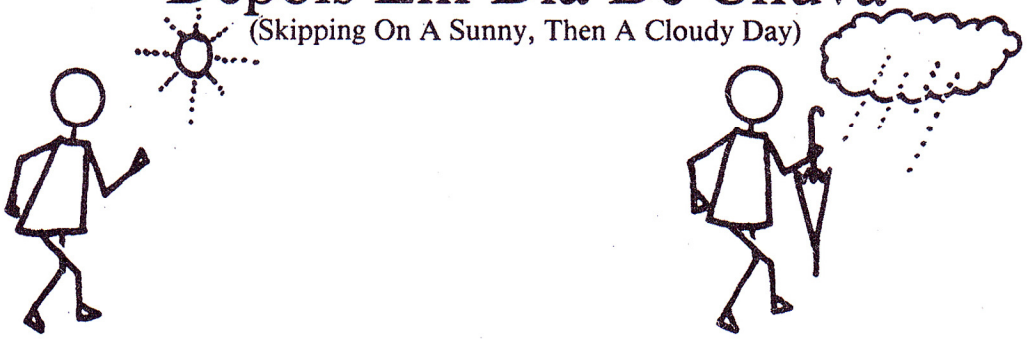


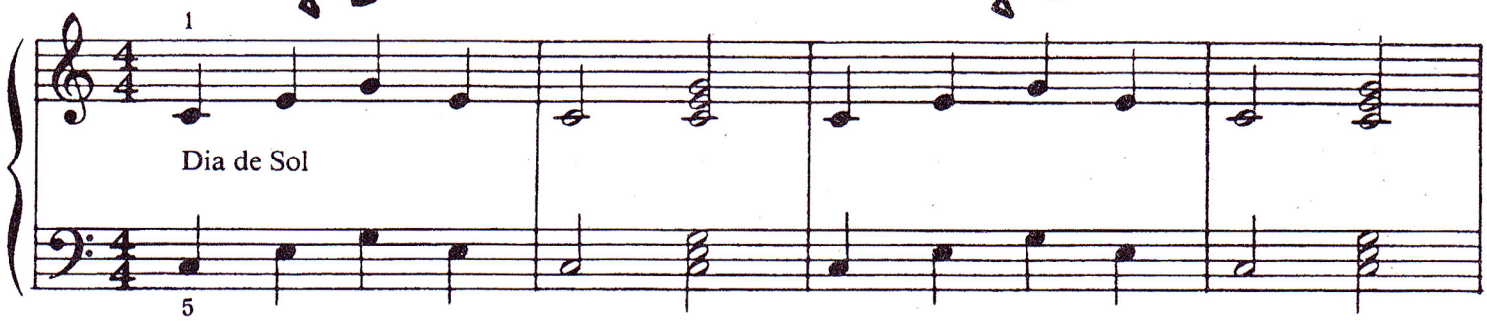


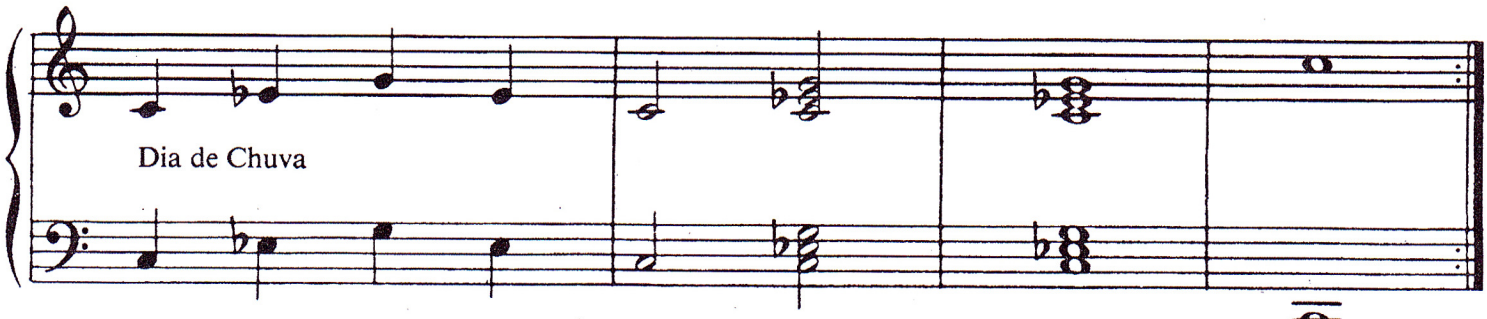


3. Saltitando Em Dia De Sol, Depois Em Dia De Chuva

(Skipping On A Sunny, Then A Cloudy Day)

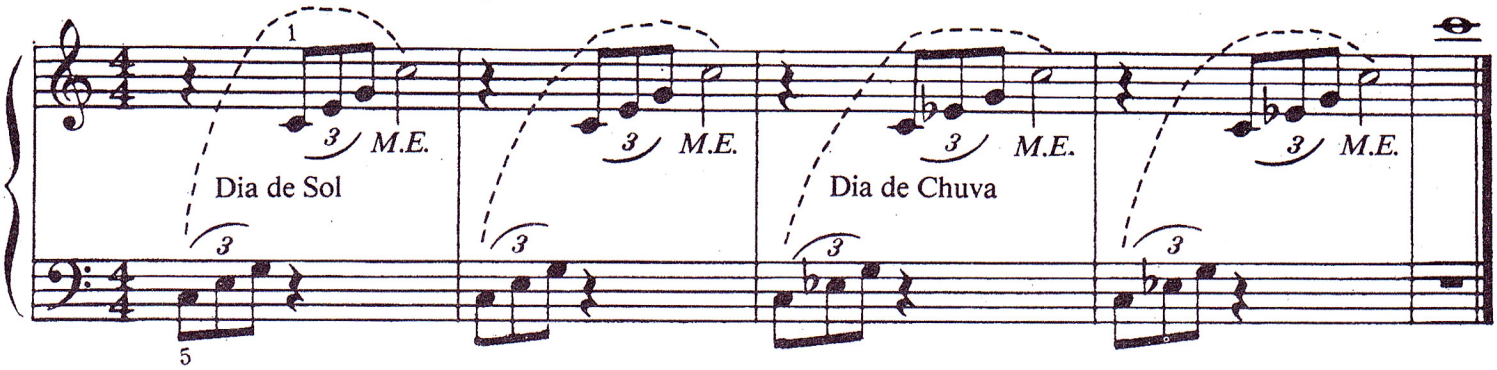






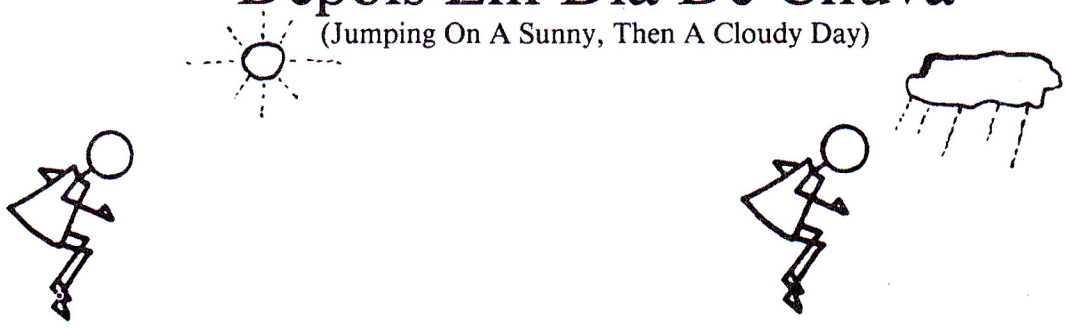
4. Fazendo Piruetas Em Dia De Sol, Depois Em Dia De Chuva

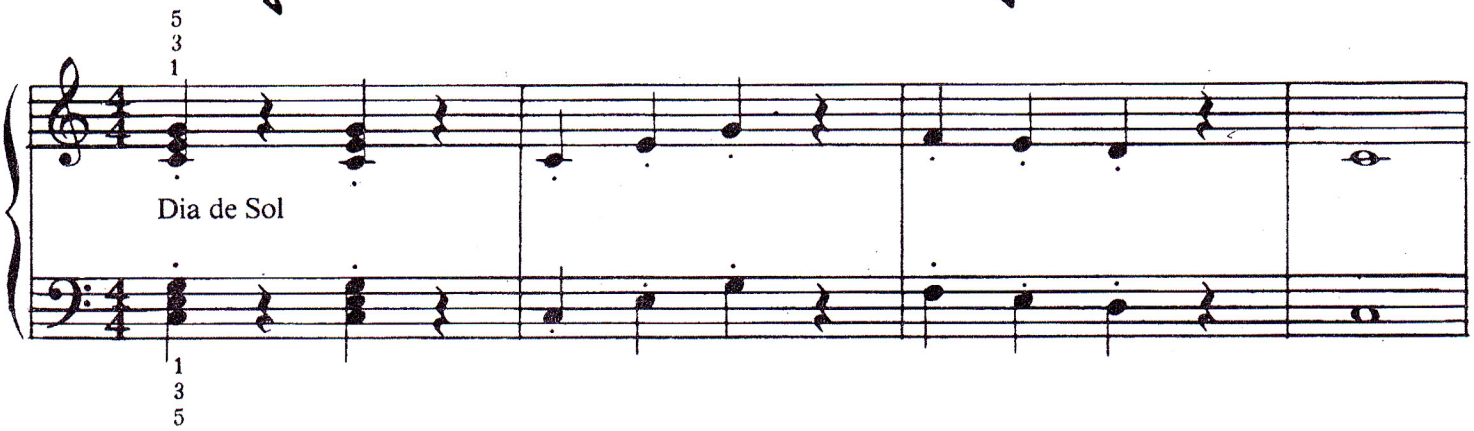
(Cartwheels On A Sunny, Then A Cloudy Day)

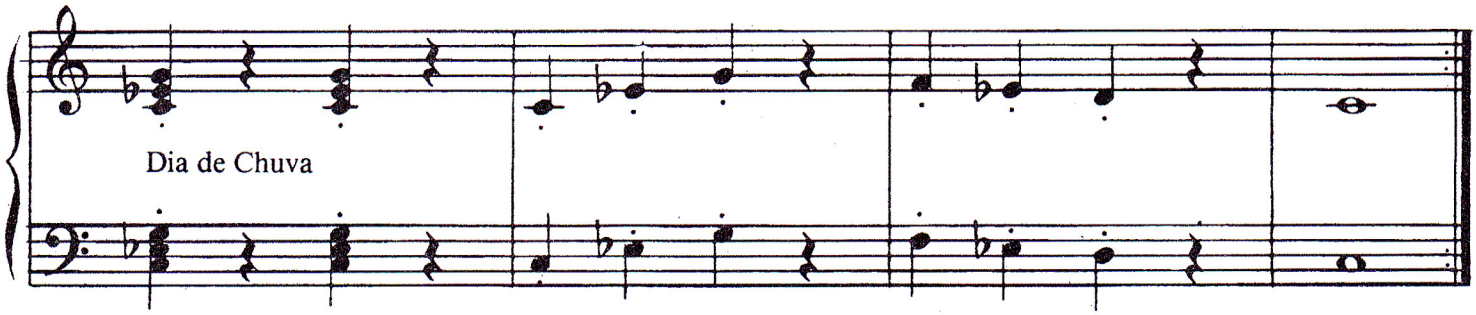


5. Pulando Em Dia De Sol, Depois Em Dia De Chuva

(Jumping On A Sunny, Then A Cloudy Day)

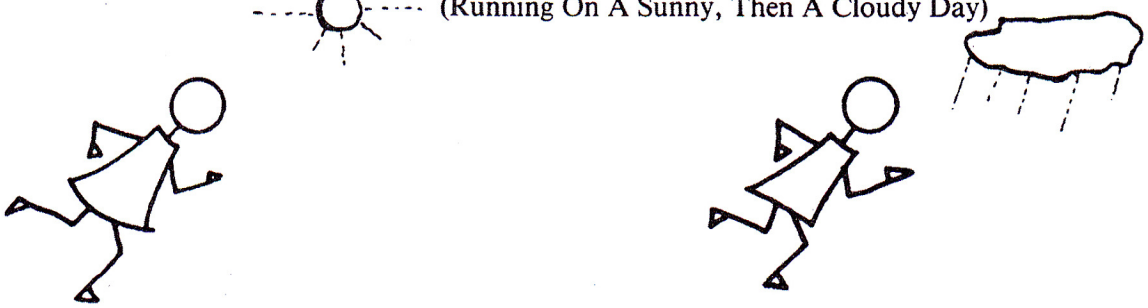


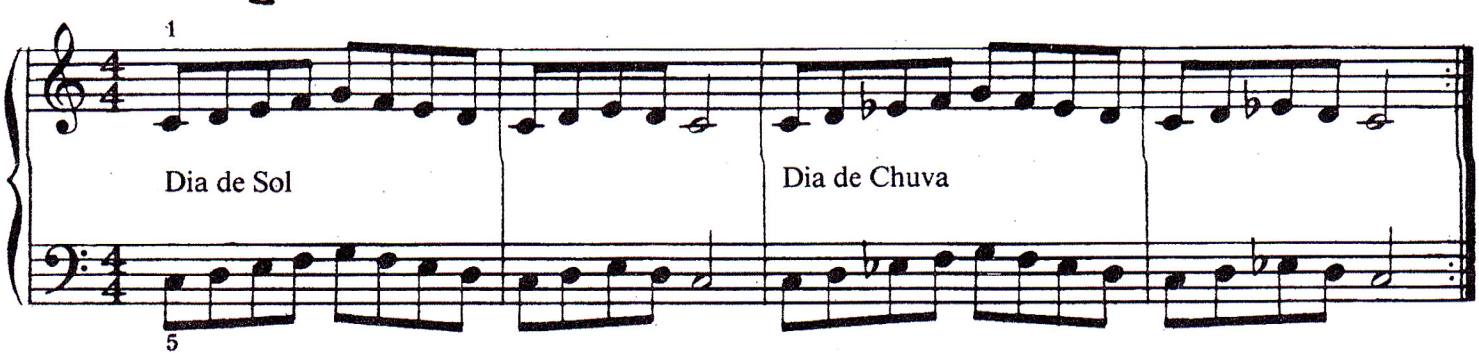




6. Correndo Em Dia De Sol, Depois Em Dia De Chuva

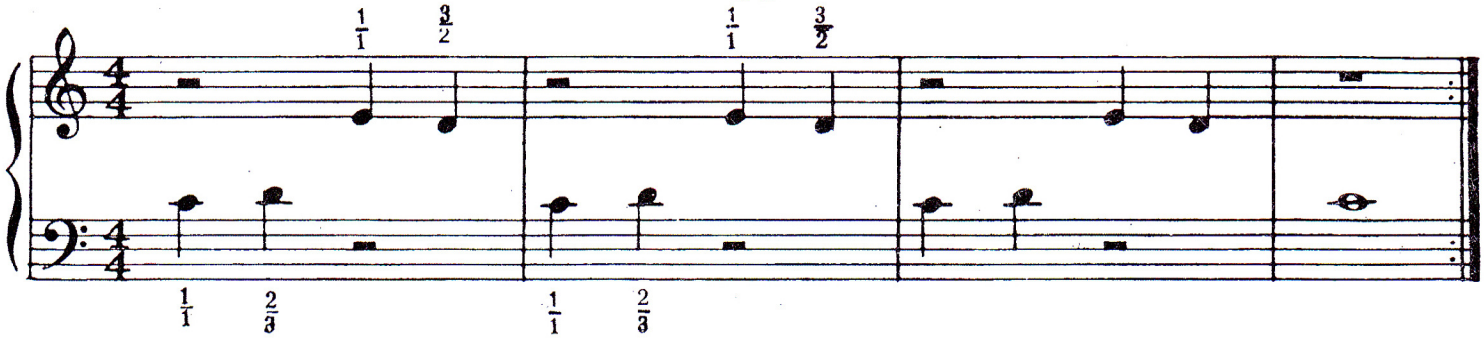
(Running On A Sunny, Then A Cloudy Day)





7. Andando Com Pé De Pombo

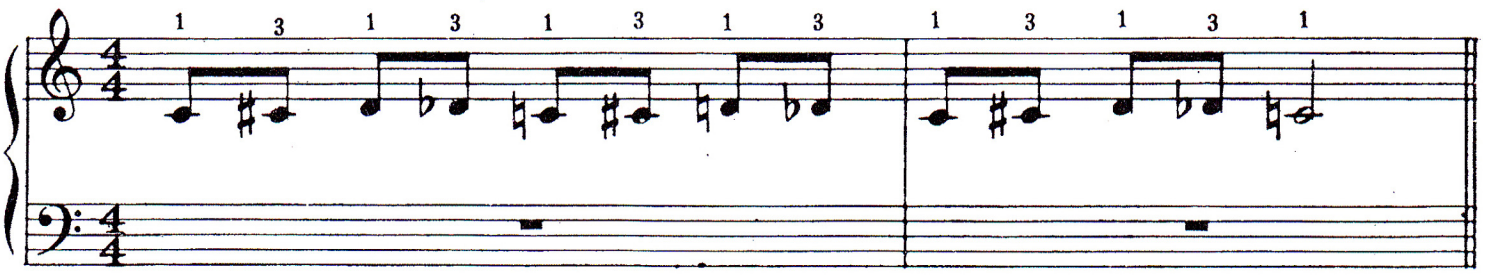
(Walking Pigeon-toed)



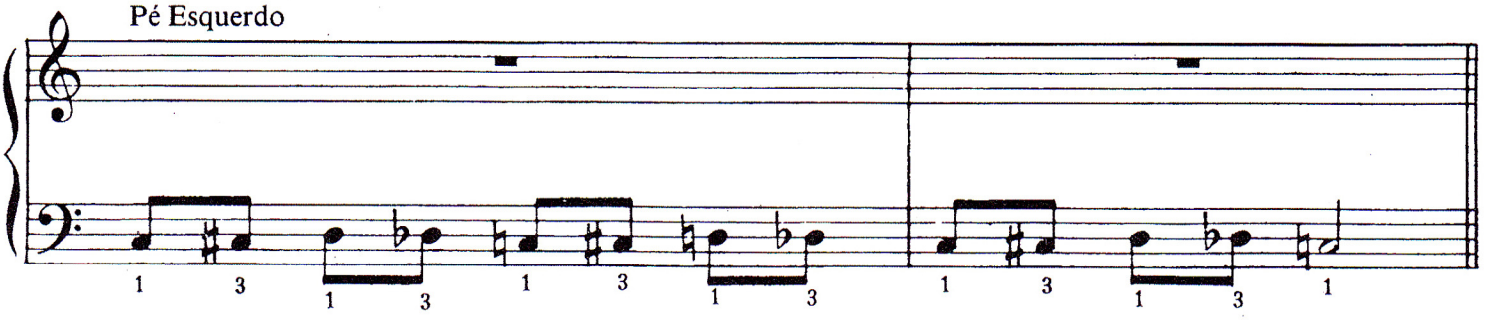
8. Torcendo Os Dedos Dos Pés

(Wiggling Toes)

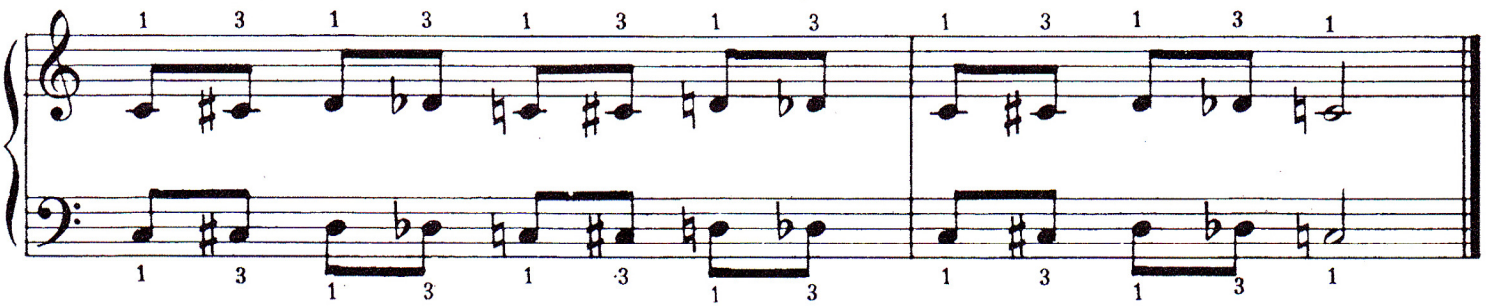
Pé Direito



Pé Esquerdo

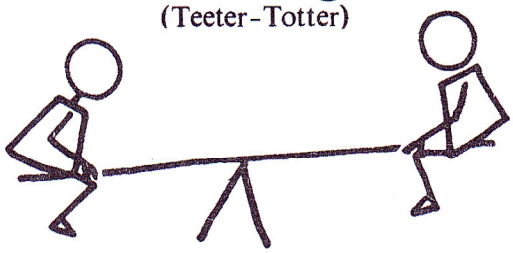


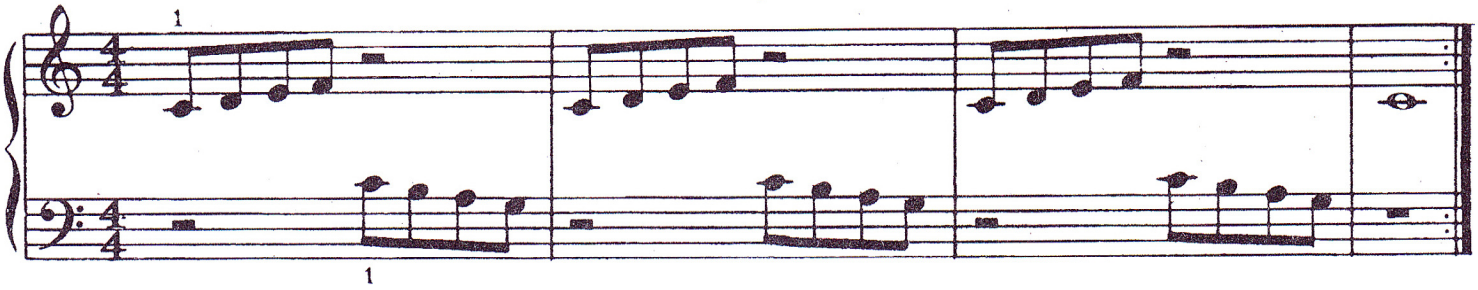
Os Dois Pés



9. Na Gangorra

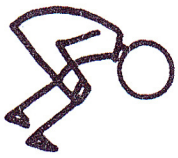
(Teeter-Totter)

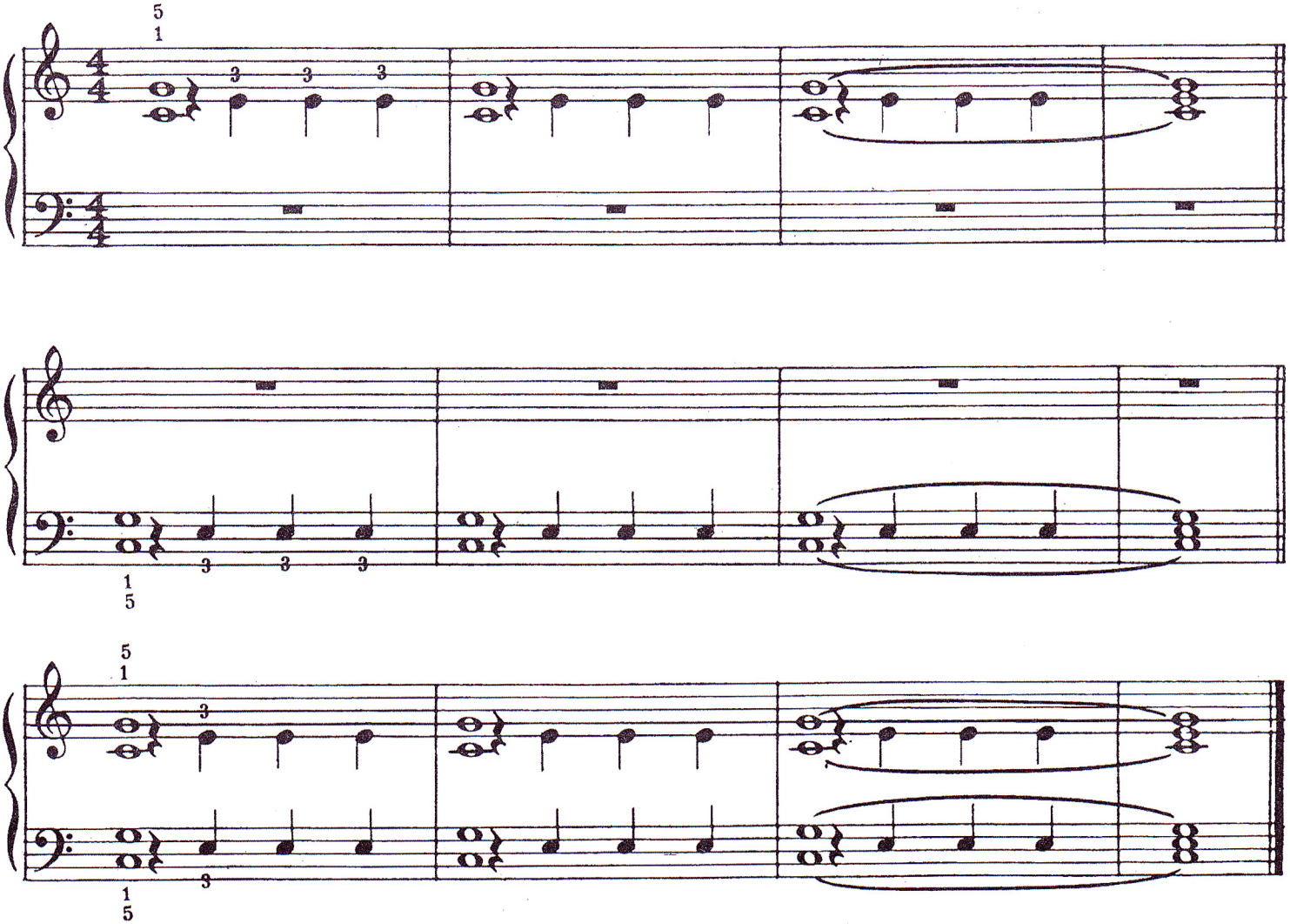




10. Espreitando Através Dos Joelhos

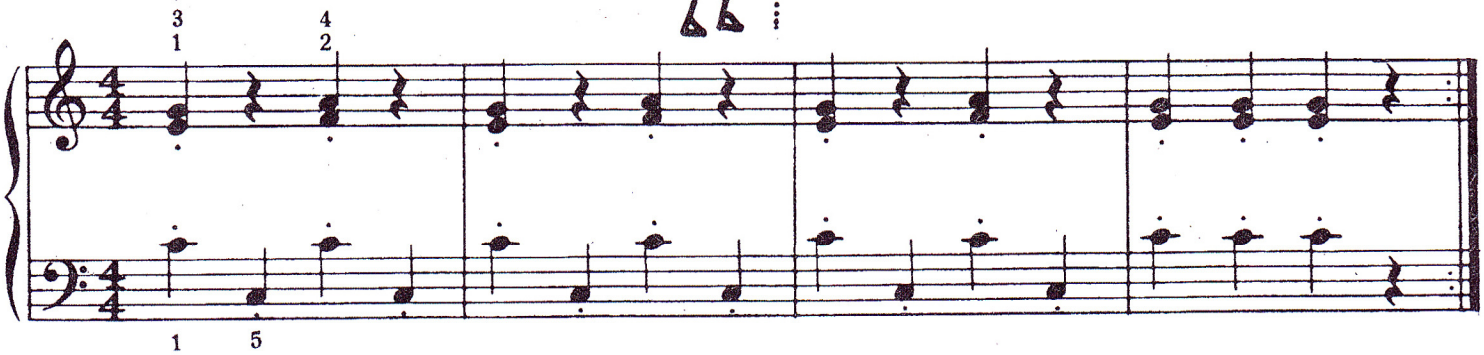
(Peeking Between Knees)





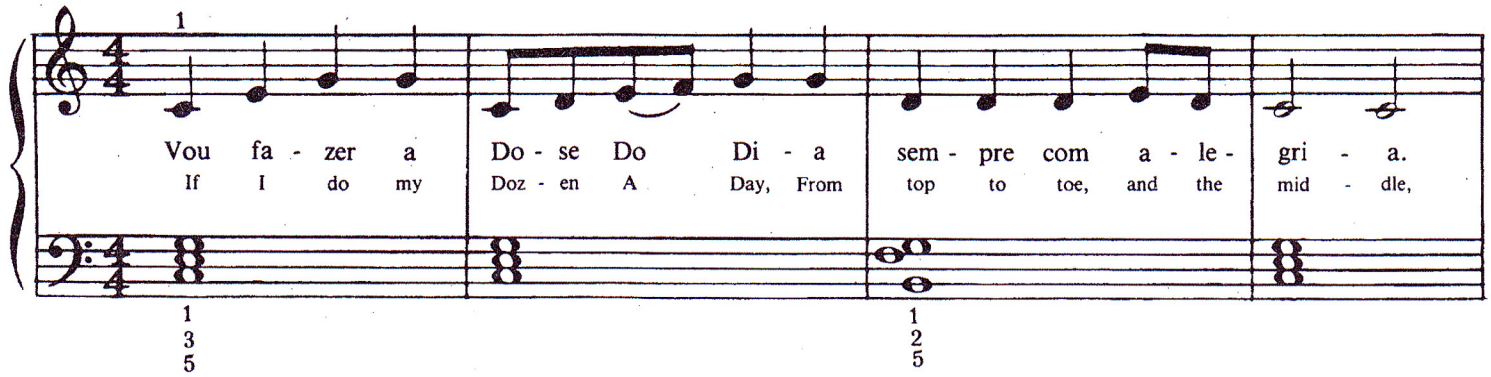
11. Quicando Bola

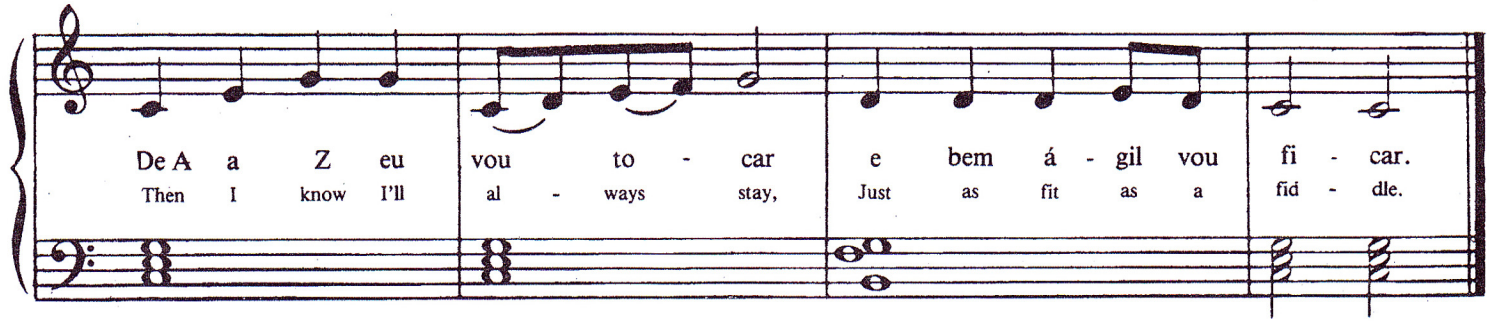
(Bouncing A Ball)



12. Agora Estou Pronto Pra Tocar
Vamos A Aula Começar

(Fit As A Fiddle And Ready To Go)

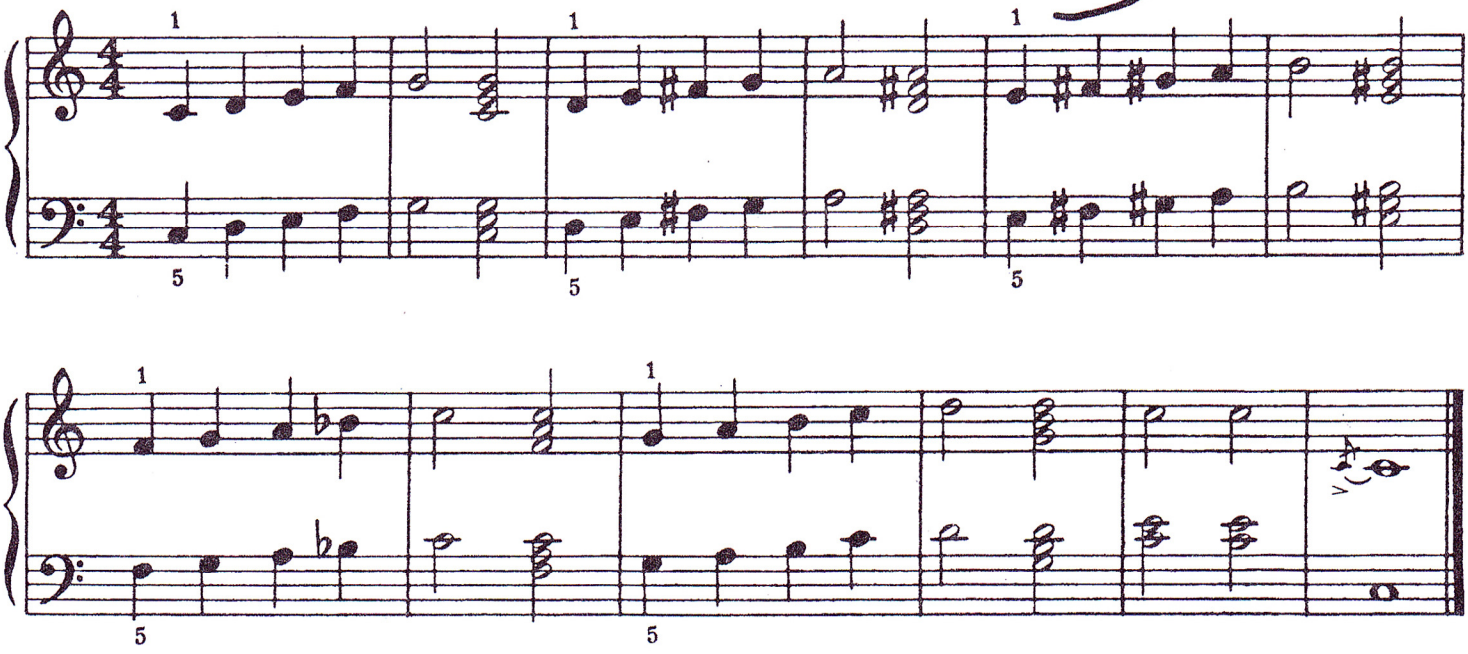




Grupo V

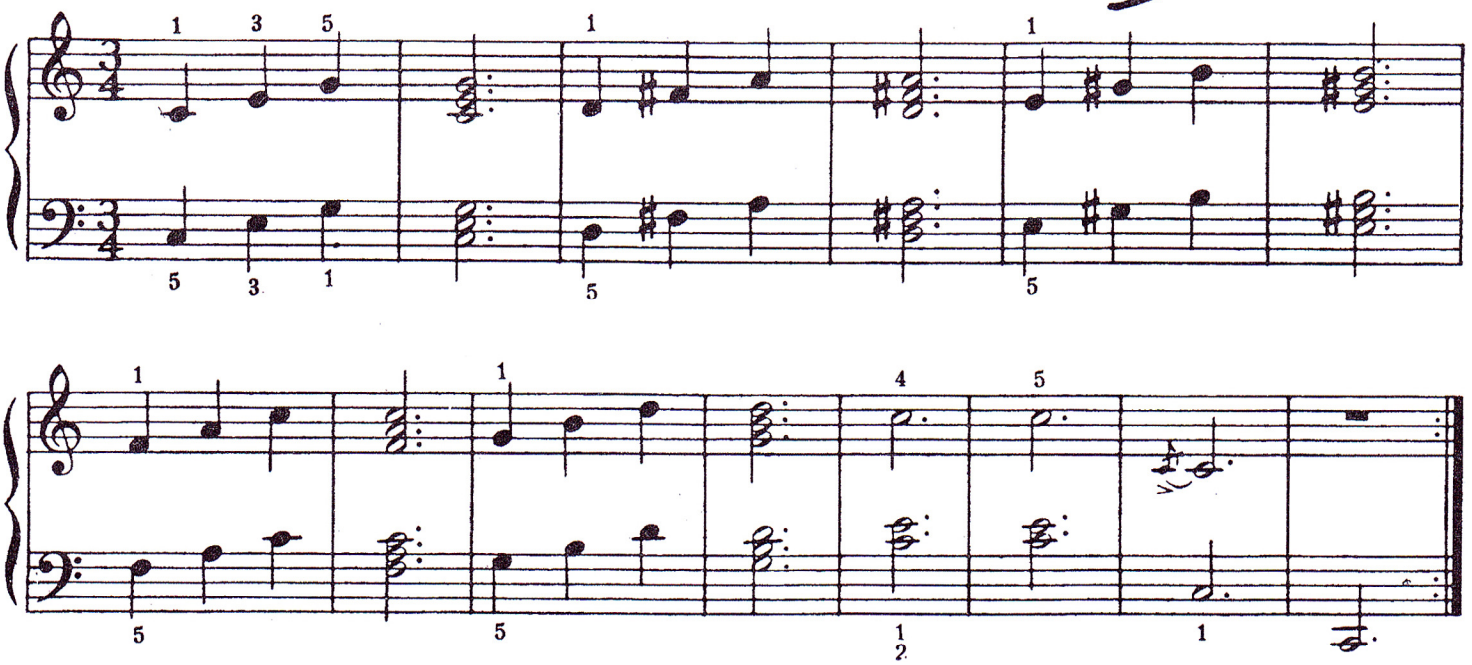
1. Subindo Morro Acima

(Walking Up A Hill)



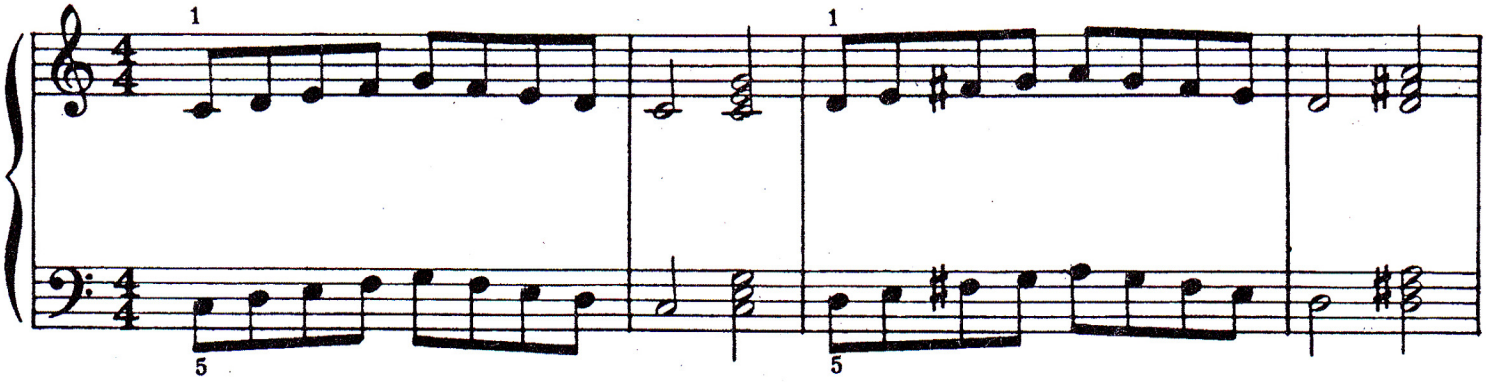
2. Tomando Bastante Fôlego Ao Subir O Morro

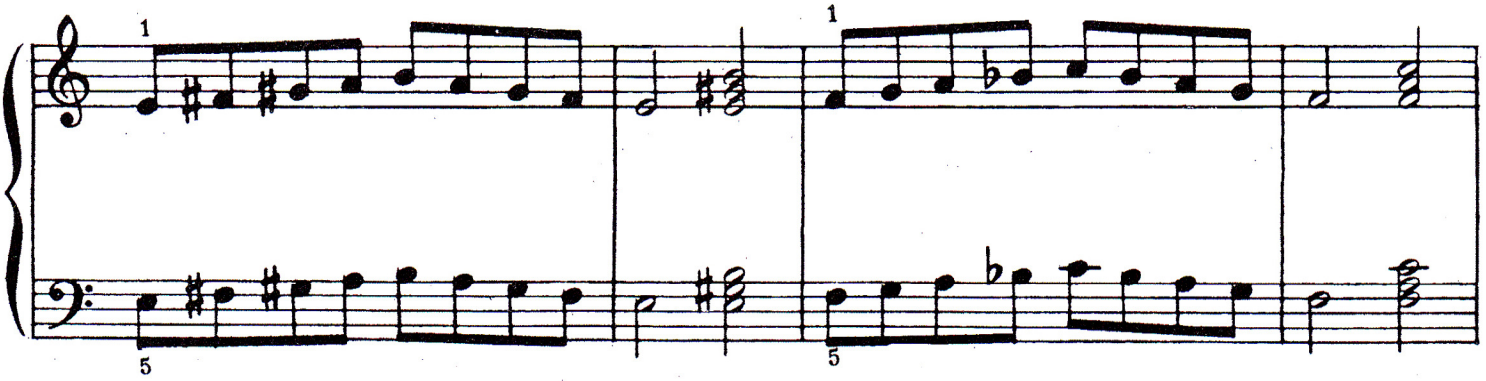
(Taking Deep Breaths While Walking Up A Hill)

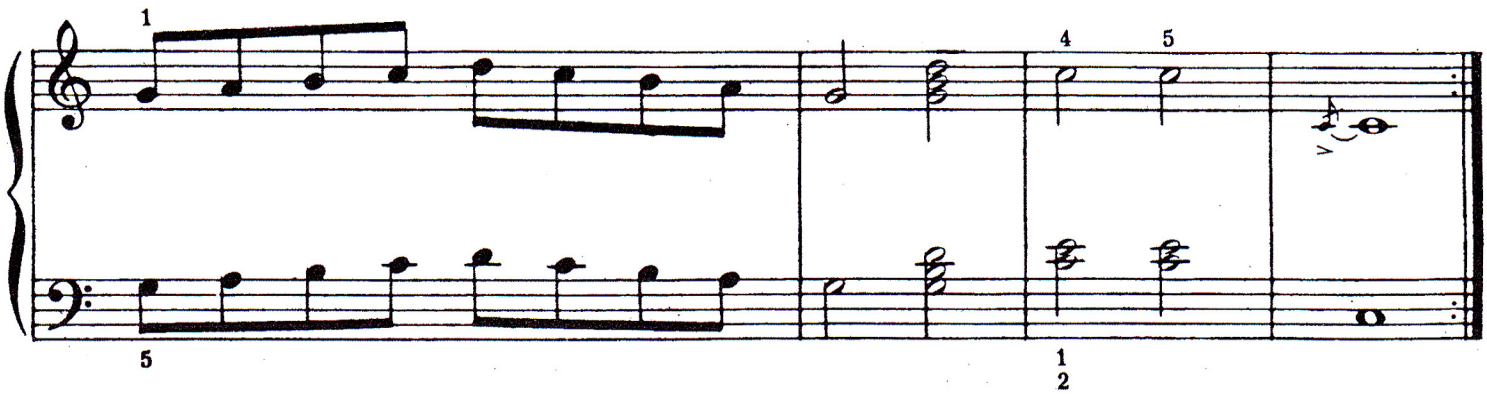


3. Correndo Morro Acima

(Running Up A Hill)

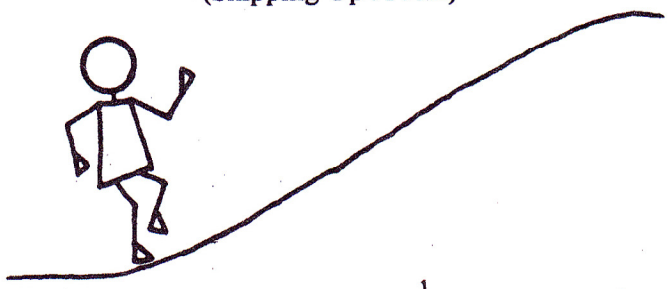


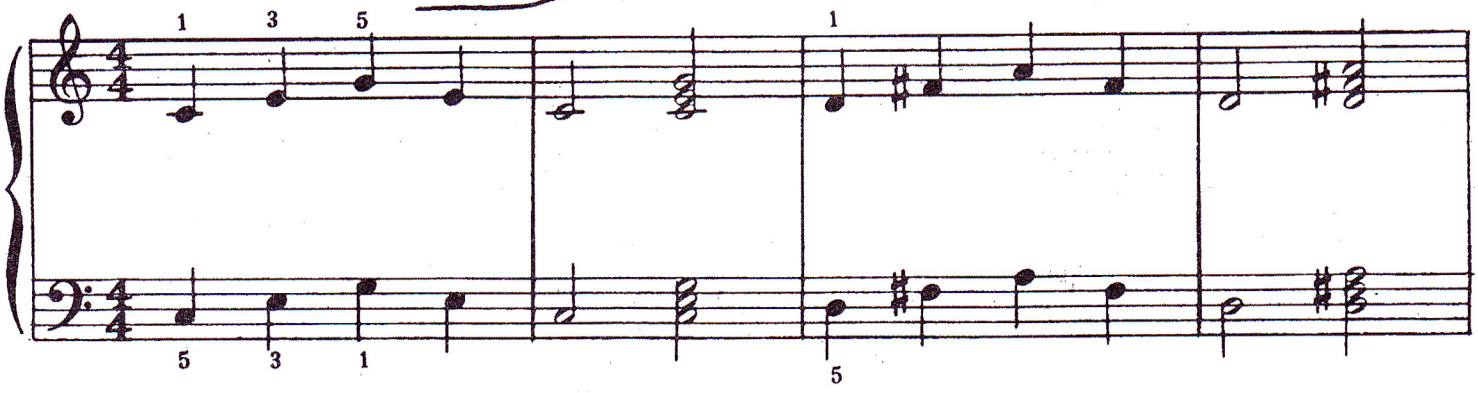


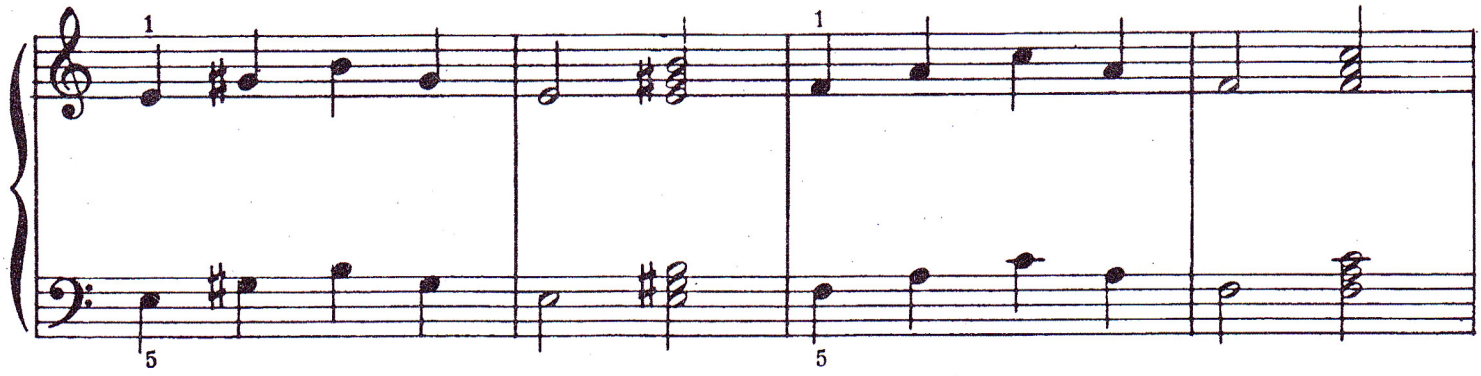


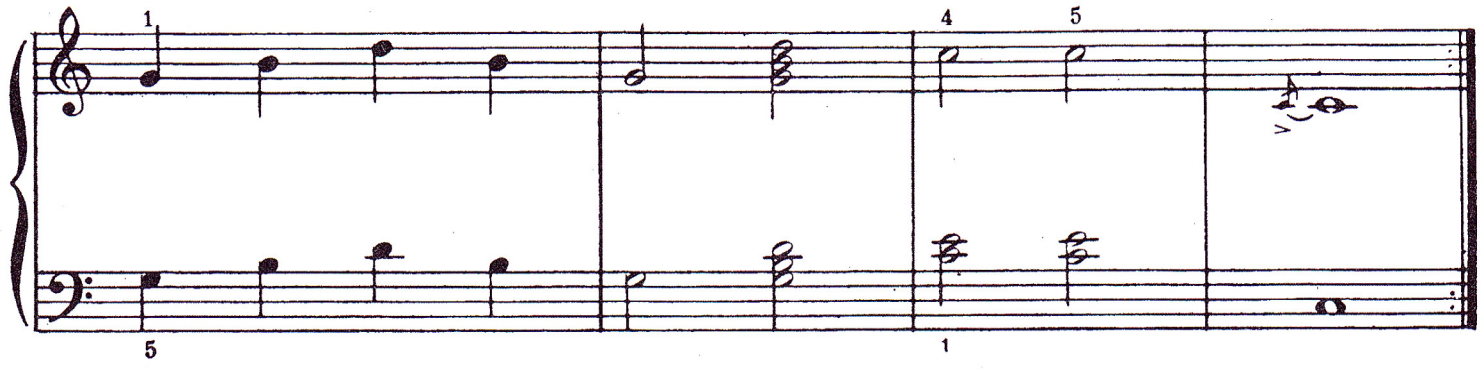
4. Saltitando Morro Acima

(Skipping Up A Hill)



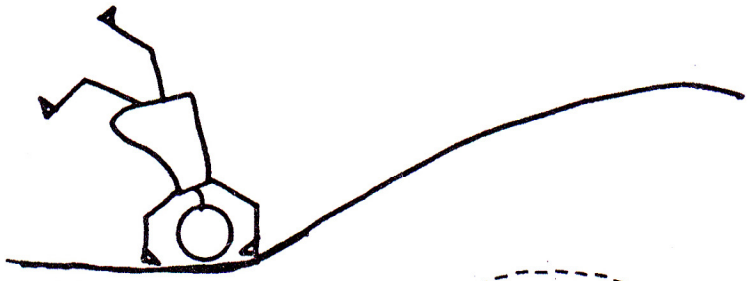






5. Fazendo Piruetas Morro Acima

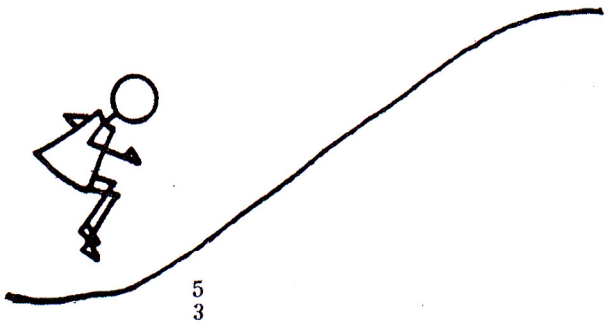
(Cartwheels Up A Hill)



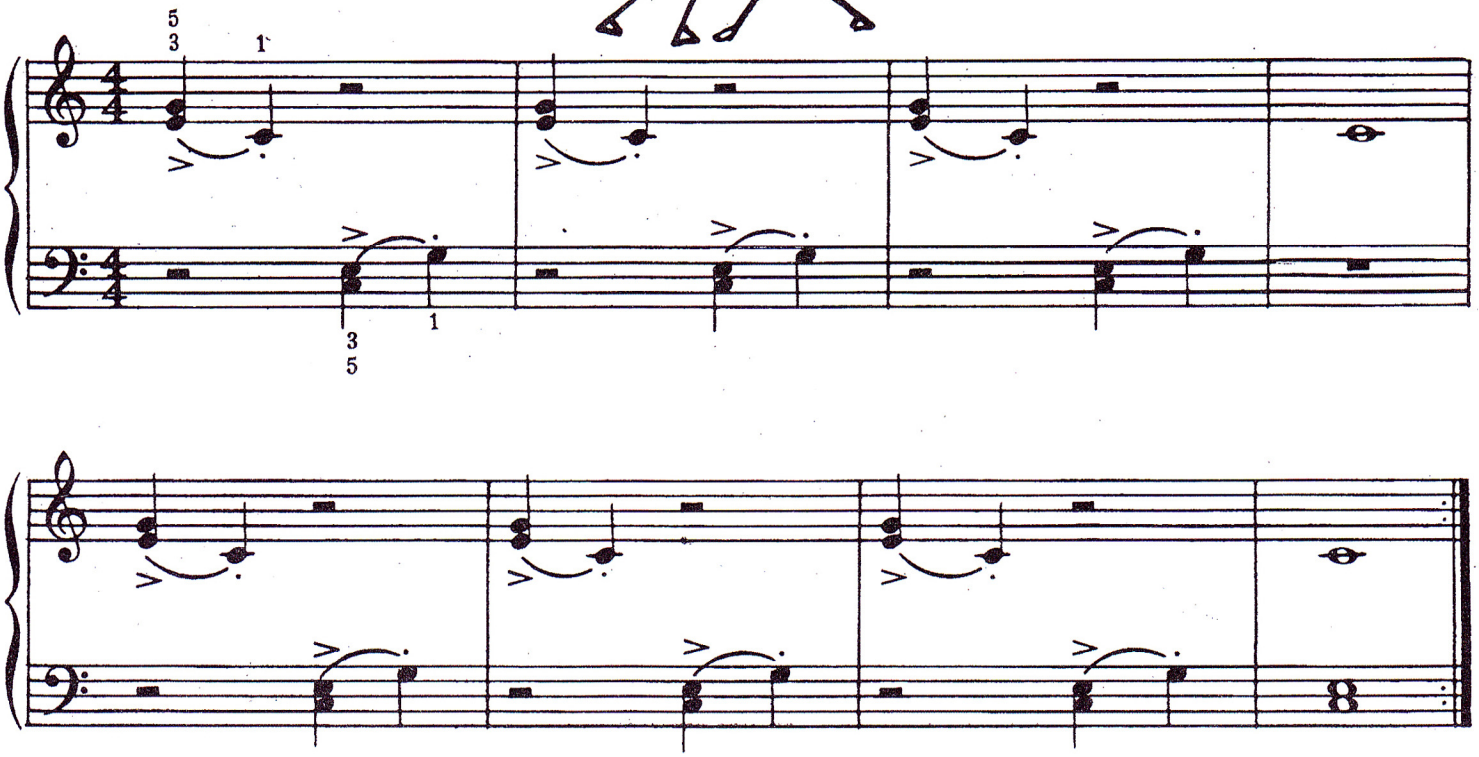
M.E. M.E. M.E. M.E. M.E.

6. Pulando Morro Acima

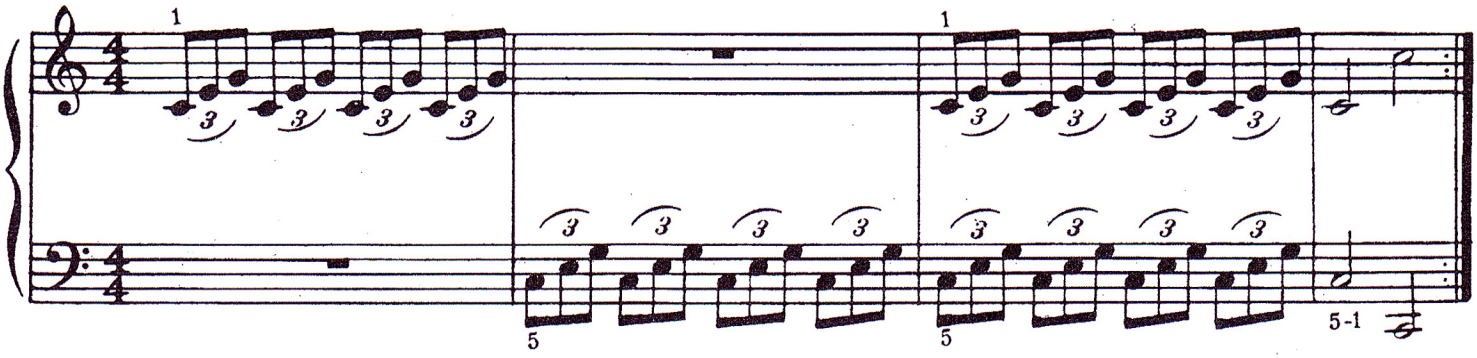
(Jumping Up A Hill)



7. Jogando Box
(Boxing)

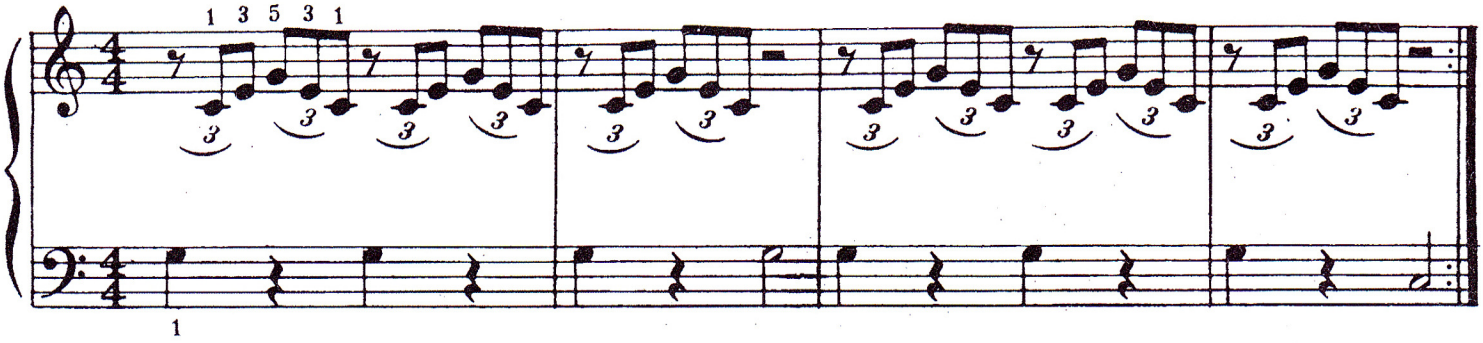


8. Rodando Pião
(Spinning A Big Top)



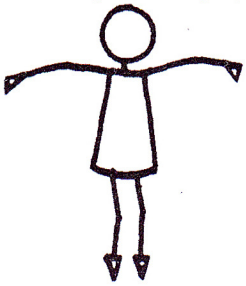
9. Rolando O Aro

(Rolling A Hoop)

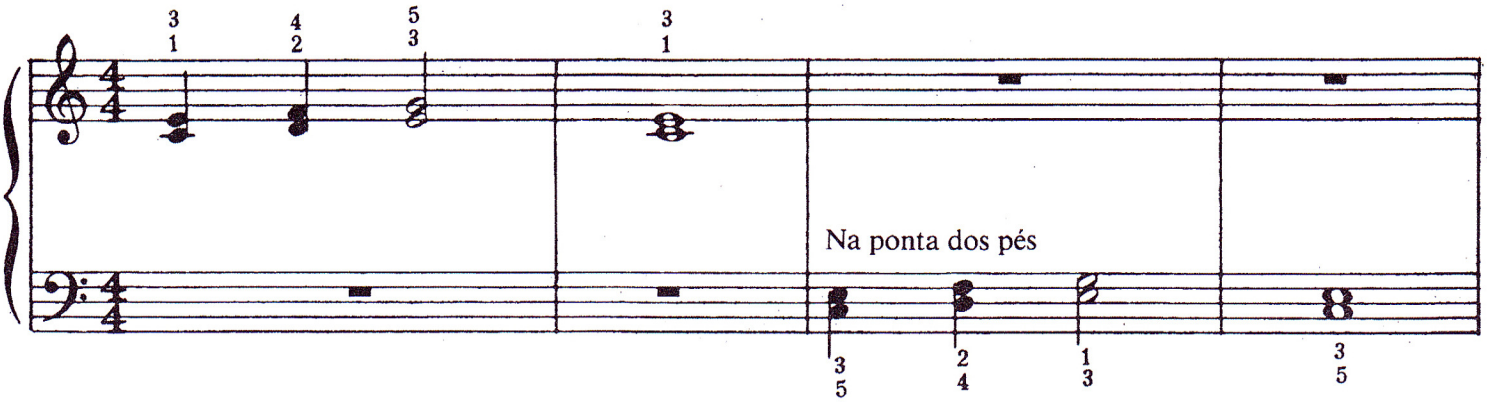


10. Abrindo Os Braços, Mas Na Ponta Dos Pés

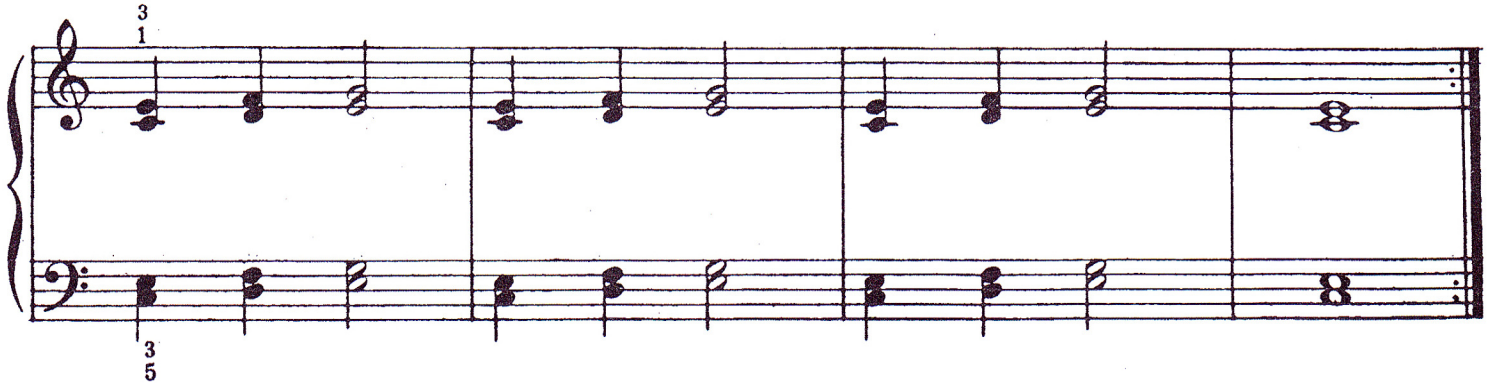
(Raising Arms Up And Up On Toes)



Abrindo os braços

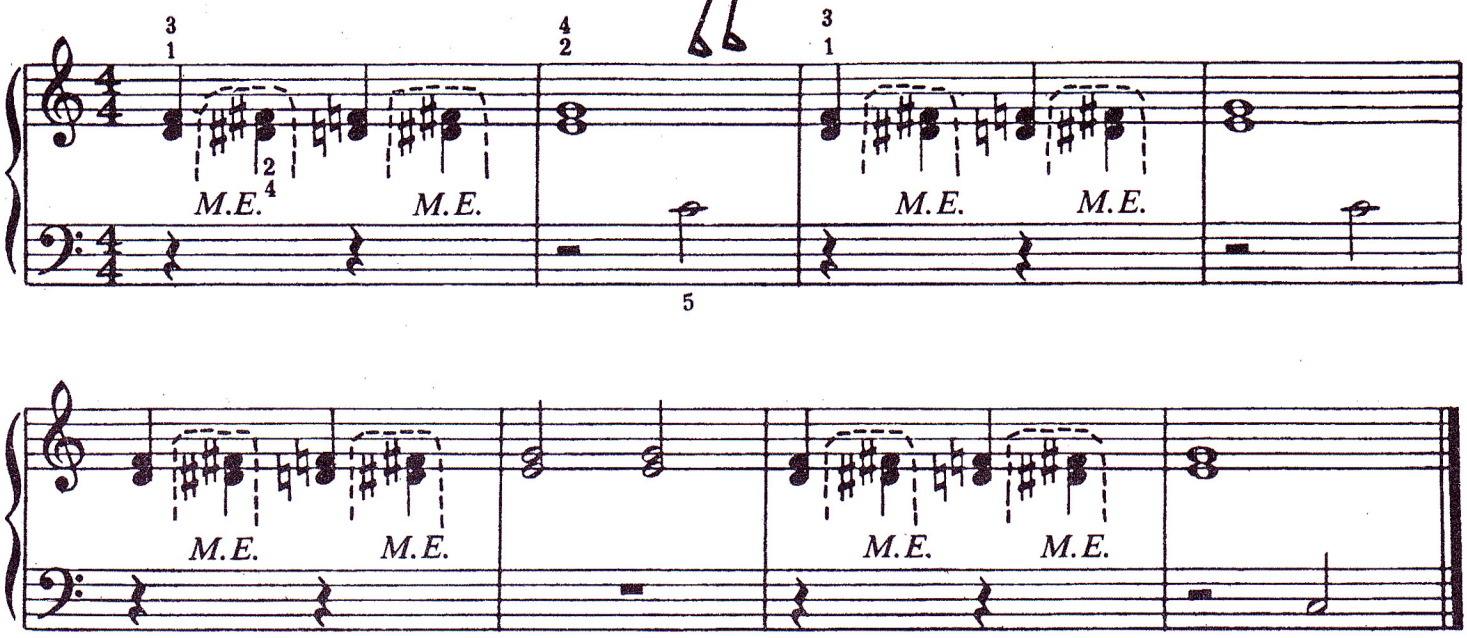


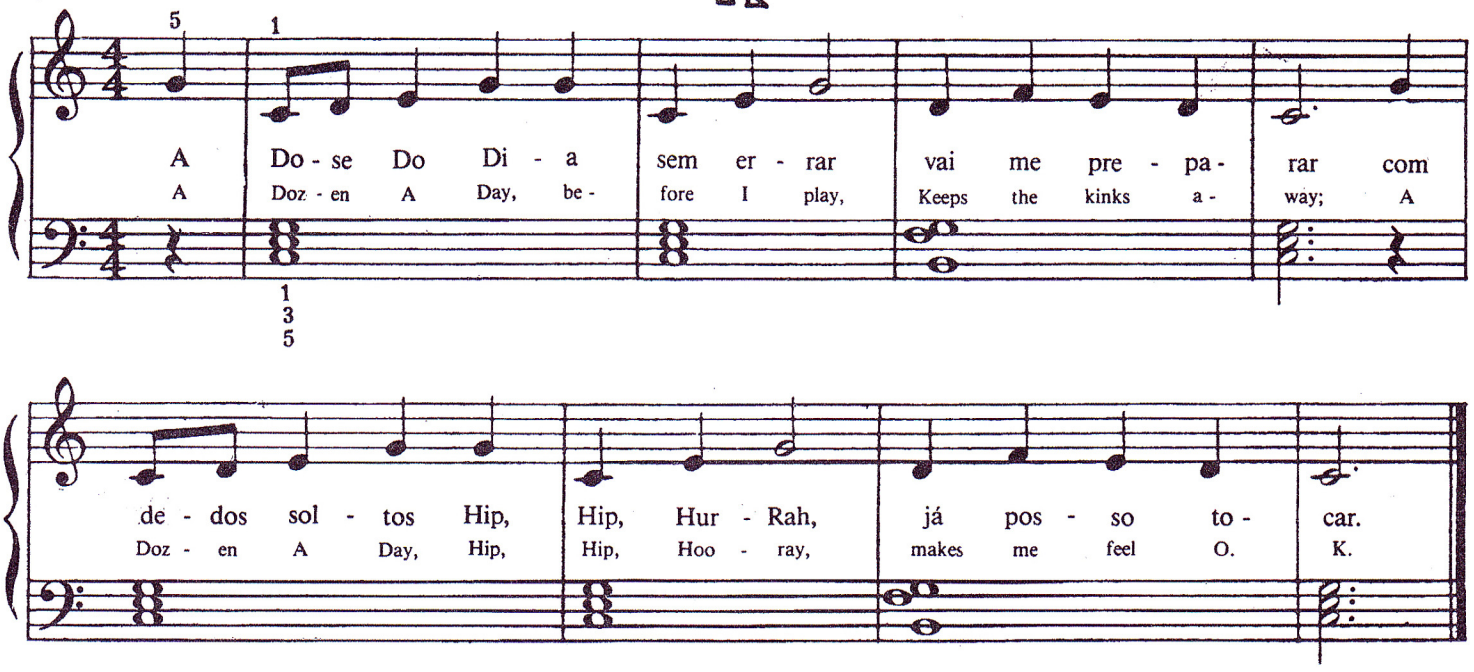
Abrindo os braços na ponta dos pés



11. Upa, Upa, Cavalinho!

(Riding Piggyback)



12. Agora Estou Pronto Pra Tocar
Vamos A Aula Começar

(Fit As A Fiddle And Ready To Go)